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CAITLIN MORAN ON FEMINISM AND HER BOOK HOW TO BUILD A GIRL PAGE 12

Finger on the trigger and mind ablaze

Study suggests multitasking ability or 'working memory' of officers plays a big role in how they decide whether to shoot or not PAGE 4

S.H.I.E.L.D. actor loves that you love to hate him

Malice toward Grant Ward part of what keeps show going PAGE 17

Guilty plea in child porn case brings some comfort

However, Halifax mom not pleased with forced ban on dead daughter's name PAGE 7

Dead rocker found dead again

Killer cuts second life short. Man posing as dead Chilliwack bassist may have lived in T.O.

In a picturesque village in northern France, a place so safe residents don't lock their doors, a murder mystery unfolded last week involving a secret identity and a dead Canadian rocker.

According to foreign media reports, a neighbour found Glenn Miller — whom residents knew as a former member of the 1970s Canadian band Chilliwack — at his farmhouse last weekend, lying in a pool of blood with a bullet hole in his neck.

French prosecutor Eric Mathais told media that detectives aren't sure when he was killed and there was no sign of a struggle or break-in.

However, Glenn Miller couldn't have been murdered — he was already dead.

Chilliwack's real bassist died in March 2011, according to an obituary by Chilliwack singer Bill Henderson.

The fake "Miller" first came to the village of Plounévez-Lochrist around four years ago, when the farmhouse's former owner died. The newcomer was presented as his nephew and inherited the farmhouse, residents said.

He didn't speak French well but tried to chat with locals, said bar owner Jacques Goguer.

"He told me he was a musician in Ontario," said Goguer, who added that the man never played guitar, saying he now had difficulty moving his fingers. Instead, he worked picking vegetables on farms.

"I know he's born in England because his sister told me the first time I met him."

Goguer says the previous owner's niece used to come visit her uncle. She lived in England and introduced the farmhouse's new owner as her brother Glenn.

A spokesperson for the U.K.'s Foreign and Commonwealth Office said they were "made aware of the death of a British national in France."

The office is not releasing the man's name and could not confirm media reports of impersonation. However, officials are confident they are in contact with the person's true family, the spokesperson said.

A Toronto man who believes he knows the now-dead Brit contacted Torstar after reading U.K. media reports.

The mystery man, then going by the name George Miller, had a British accent and lived in Kensington Market for 20 years, said David Wilson, 62. He used to sell vintage clothing and play guitar in local pubs, Wilson said.

The last time Wilson saw him was four years ago.

"All of a sudden he was gone," said Wilson. "People told me that he'd inherited something in France."

The George Miller they knew was just the kind of man who craved a mysterious image — but not in a malevolent way, said Wilson.

"He's a musician, so he portrays a sort of persona," said Wilson. "Maybe it was just convenient for him to remain mysterious."

On Saturday night, friends at a pub where George Miller hung out said his sister confirmed his death, though Wilson wasn't able to say with certainty that was true.

Claire Lawrence, a former member of Chilliwack, remembered the real Miller as "a witty guy." Lawrence said it was bizarre to learn that someone impersonated his friend. TORSTAR NEWS SERVICE

Canadian involvement

The RCMP would not confirm or deny whether French authorities had contacted them about the case.

- A spokesperson for the Department of Foreign Affairs and International Trade confirmed they were not involved.

... AND ANOTHER THING!

Feisty NHL commissioner Gary Bettman was interviewed by new Hockey Night in Canada host George Stroumboulopoulos at the Canadian Club in Toronto on Monday, as the league embarks on its new $5.2-billion broadcast deal with Rogers. Bettman commented on the intense scrutiny that NFL commissioner Roger Goodell is under and reiterated that the NHL has no plans to undergo a formal expansion. Story, page 45.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

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NEWS

FIVE THINGS YOU NEED TO KNOW TODAY

1
ROLLING IN THE AISLES WITH ROGAN
Catch some belly laughs with standup comic Joe Rogan (UFC personality, former Fear Factor host) Friday, as part of the third annual JFL42 Festival. Go to jfl42.com for info.

2
STOREFRONT SATIRE
Retreat, Kat Sandler's latest piece of theatrical mayhem, is playing through Sept. 28 at The Storefront Theatre. It's a satire about young business wannabes trying to make partner in a prestigious firm.

3
SMILE, YOU'RE ON COPPER CAMERA
By 2015, 100 Toronto cops are expected to be sporting body-worn cameras as the force launches a one-year project testing the policing tool.

4
'LEGENDARY' RELEASE
Still trying to figure out the pineapple mystery or just want to relive all those Barney-isms? The complete ninth and final season of How I Met Your Mother drops on DVD and Blu-ray Tuesday.

5
11/22/63 IN TV'S FUTURE
Stephen King's time-travel novel about the Kennedy assassination is being adapted as a small-screen miniseries. The nine-hour series, titled 11/22/63, includes the author and J.J. Abrams as executive producers.

Gloves off as Doug joins fray?

TORONTO VOTES 2014

Elder Ford debuts in mayoral debate.
Chow and Tory will be challenged to turn new candidate's entry to their advantage

Will it be Chow vs. Tory or Tory vs. Ford?

These are the questions political operatives and citizens alike have been asking themselves in anticipation of Tuesday evening's mayoral debate hosted by York South-Weston community associations. After almost nine months of campaigning were upended by Rob Ford's surprise cancer diagnosis and Doug Ford's last-minute entry into the race as his brother's replacement, the debate will be the first major event in a truncated and recalibrated contest.

It's an opportunity to upend Tory's relentless rise in the polls and rewrite the narrative of a 10-month campaign in its closing weeks, said political strategist Brian Kelcey, who until recently headed up David Soknacki's mayoral campaign.

Kelcey predicts that Tory will focus on Ford, who presents the most likely threat to his lead in the polls.

"The best situation for Tory is one where voters see him as the alternative to four years of the Ford brothers and their misrule," Kelcey said. "He wants it to be, as much as possible, a conversation between him and Doug about how much more reasonable he is."

The danger for Tory, however, is that he'll be dragged into a verbal sparring match that could generate too many fireworks.

"How do you fight a guy who can be as boisterous as Doug Ford without falling into the trap of seeming like you're part of the same circus?" said Kelcey.

Herein lies an opportunity for Chow, who needs Ford to disrupt the campaign narrative, which has up to this point been a story of her bleeding support. If Tory and Ford lock horns in a way that makes them appear to be similar, said Kelcey, it will lend credence to her position as the only viable alternative to them both.

Doug Ford began his actual campaigning for mayor on Sunday.
BERNARD WEIL/TORSTAR NEWS SERVICE

"Olivia Chow will not be pulling many votes from Ford, so she wants this to be a battle between her credentials as a progressive candidate and the notion that John Tory is too conservative to be the right alternative to Ford," Kelcey said.

But not everyone thinks Chow should be focusing on Tory. Scott Reid, who spent years working for former prime minister Paul Martin, counsels a more aggressive strategy so that Chow can spoil Ford's coming-out party: "I would take a chainsaw to him.

"I wouldn't give him an inch of room; I wouldn't give him an ounce of respect. I would try to antagonize him and get him into a conflict. I would try to goad him into being the worst possible version of himself," Reid said.

As for Ford, he should do his best to stay above the fray, though considering his personality, this may prove difficult.

"If I was counselling Doug Ford, I would tell him to make a conscious effort to speak to voters. I wouldn't worry about the other candidates. I wouldn't worry about trying to score debating points. I would speak to the camera, speak to the crowd," Reid said.

TORSTAR NEWS SERVICE

Battle plan

"I would take a chainsaw to him.... I wouldn't give him an ounce of respect."

Scott Reid's advice to Olivia Chow about Doug Ford

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Working memory impacts officer's decision to shoot, researcher says

Cognitive Sciences. There are individual differences in one's ability to multitask, 'just like people who have different IQ levels and different things that upset them'

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

A series of police shootings of unarmed black men in the U.S. triggered research into the minds of officers that, according to a lead researcher, is relevant to any community struggling to understand a controversial police shooting.

To Leslie Maley, a Canadian policewoman who was shot, that research is integral to making the argument that officers' mental health must be protected.

The findings of an expert in that field appear to support her claim. Heather Kleider-Offutt, chair of cognitive sciences in the psychology department at Georgia State University, began studying the working memory of police officers in shooting situations because of social "upheaval" in Atlanta over police shootings.

"Here in Atlanta, the police officers I've worked with deal with a lot of violent crime regularly, so it's not unusual or uncommon for them to be in a situation with somebody who's going to be pulling a weapon or they're having to pull apart people fighting," said Kleider-Offutt. "There is a judgment call for an officer: When do I make the move?"

Working memory is one's ability to multitask. Kleider-Offutt found that whether an officer possesses an innately strong or poor working memory will impact whether or not they make good decisions on the job.

For example, working memory refers to the capability of a police officer — or anyone — in a stressful situation to observe what's going on around them, draw on their knowledge and training and use logic to come up with a decision on what to do.

The officers in her experiment had their working memory capacity tested and then were "primed" for stress and negative emotions by being shown an FBI training video of actual footage of a routine traffic stop that resulted in the fatal shooting of the police officer.

Sequence of stills 3 of 6 from video posted by YouTube user Marko G, showing the Toronto Police shooting of Sammy Yatim in 2013. A Researcher says working memory capacity of officers is a factor in a decision to shoot. YOUTUBE.COM

The researchers tested the officers' negative emotional response level to the video and their performance on the simulated shooting task.

Those who had naturally high working memory performed well on the shooting task — they shot those who were armed and not those who weren't. However, those who had low working memory and experienced significant negative emotional stress from the video performed poorly.

"Those officers who have less innate ability to perform multiple tasks at one time felt overwrought by this additional task. With that, they found it more difficult to make a shooting decision. It's like they had less attention to work with."

Kleider-Offutt said a person's innate working memory capacity can't be improved upon.

"There are individual differences in one's working memory capacity, just like people have different IQ levels and different things that upset them."

What can change for officers is how they handle negative stressors.

With exposure to repeated violent situations, some will "habituate" and remain less stressed so their working memory is less affected, but others will become more sensitive and experience greater negative emotional stress more quickly, taxing their working memory more and leading to poor shooting decisions, she said.

Trade-off

"What we find is that if you're performing more than one difficult task, there's going to be some sort of trade-off. You can't do two things at one time that are equally attention-demanding." Researcher Heather Kleider-Offutt

Analysis

Stress levels: The risk of being shot

A study in the Netherlands took Kleider-Offutt's findings a step further and tested officers' working memory stress levels when they were expecting to be shot at.

The researchers told two groups of officers they would be evaluated on their tactical skills.

One group was given an adapted 9mm gun with training ammunition and was told that their role-playing attacker had a similar gun and might shoot at them.

The other one functioned as a control group, given a rubber gun and told they would not be shot at.

The researchers found the officers who expected to be shot at experienced more stress — even before the exercise began — and their working memory deteriorated significantly.

JESSICA SMITH CROSS/METRO

The line of duty

Officers and their mental 'databases'

Working memory is "extremely important" for officers, according to Leslie Maley, a 16-year veteran of the Ottawa Police Service.

An officer's mind is on their safety and surroundings, as well as continuously calling on their mental "databases" of laws, memories, policies and procedures, she said. "We multitask at all times, but especially when officer safety is involved."

Maley, who now teaches police college courses, said she understands first-hand how stress and negative emotions affect a person's working memory, both in the acute stress of a traumatic moment and the cumulative effect of those stressors over time.

She was shot in the line of duty in 1995 while still a rookie, and suffers from post-traumatic stress disorder.

"Unfortunately, we stumbled across a bank robbery in progress," she said. "As we stepped out of the car the suspect ran towards me with arm outstretched with a loaded 9mm and fired several shots. One struck me through the leg and one went over my head into the car door. As he passed the back of the vehicle he shot my partner, which did a lot of internal damage. He almost died on the side of the road."

Maley went back to work four months later and her PTSD symptoms became overwhelming a couple of months after that.

Perception of PTSD

"There is this perception that if you're injured, you're not as valuable as an officer."
Former policewoman Leslie Maley

"In 2004 I had another traumatic call involving a vital-signs absent child and my symptoms became exaggerated to the point where I now have chronic post-traumatic stress disorder," she said.

The PTSD affected her mind to the extent that there are a couple of days that she worked that she doesn't recall. "I came to work two different times, during two different experiences, where I put my uniform on, signed on, got a cruiser, put my firearm on my hip and to this day have very little memory of both days," she said.

Leslie Maley CONTRIBUTED

Maley said she recognized, the second time it happened, that she needed to remove herself from the road.

"My memory, my reactionary time, my awareness was not there," she said.

Maley said she stayed on as a police officer for 16 years after her initial trauma and found that, even in training, uncertainty about what would happen to her next led to anxiety that could affect reaction time, awareness of surroundings and the decision to shoot.

She retired from the force in 2010. To this day, focusing is difficult for her, she said. She speaks openly and publicly about PTSD and volunteers with Badge of Life Canada.

When she read research into working memory and police shooting decisions, it drove home the message that police officers' mental health, and their ability to handle stress and negative emotions, is vital, she said.

Maley said all police services need to do more for their officers' mental health. She believes there is more awareness now of mental health risks than there has been, especially in connection with police officer suicides, but systemic problems remain.

"There is this perception that if you're injured, you're not as valuable as an officer," she said. "PTSD and officers dealing with trauma afterwards is just not convenient for police departments."

JESSICA SMITH CROSS/METRO

Old getting richer, young getting poorer

Income gap. Older Canadians now earn 64% more after tax than younger workers, a new study finds

Canada's income gap is growing — not just between rich and poor — but between young and old, a report by the Conference Board of Canada has found.

Older Canadians now earn 64 per cent more after tax than younger workers. That's up from a 47 per cent gap nearly three decades ago, the study released Tuesday found.

The report, called The Bucks Stop Here: Trends in Income Inequality between Generations, confirms what author, David Stewart-Patterson, says he suspected.

"My gut feel was that young people were falling behind," he said, referring to frequent stories about young adults still living in their parents' basement, saddled with student debt and stuck in low-paying jobs. "I think what the report does is confirm the plight of younger adults today is not just anecdotal. There really is a significant pattern here."

The study compares the pre and post-tax incomes of Canadians aged 50 to 54 years with those between 25 and 29. The data is based on tax records from 1984 to 2010.

There is a natural gap in income between older and younger workers. As individuals gain experience in any field, they tend to earn more money, the report notes.

Quoted

" ... Jobs, jobs, jobs is out of date ... It's not about creating more jobs but about creating better jobs."

David Stewart-Patterson, the report's author

But that gap has been widening over the last 27 years, the study found. That's true even when changes in tax policy, longer lifespans and rising women's participation rates are taken into account, Stewart-Patterson noted.

The gap could shrink as the baby boom generation retires, leaving a smaller generation of younger workers to fill more jobs, he said. That should lead to higher wages and productivity along with stronger economic growth. But three decades of improving labour conditions have so far led to lower wages and a higher income gap, he noted. If that continues unabated, it could mean slower economic growth and less support for social programs, he warned.

Will these younger workers ever catch up? "That's the big unknown," he says. Is the gap widening because older workers are being paid more for their knowledge and experience, or is it because younger workers are being asked to accept lower wages and fewer benefits? **TORSTAR NEWS SERVICE**

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Novel defence: I was drinking *after* I hit the sign, your honour

Sometimes, drowning your sorrows actually works.

It did for a Kingston-area man who pounded back booze immediately after totaling his car, allowing him to successfully appeal a dangerous driving conviction.

Howard Lee, in his late-50s, was convicted of dangerous driving following a crash last September, during which he smashed into an exit sign at the off ramp of Highway 401 going into Odessa. The decision was overturned last week. Lee's defence? Because he got drunk after the accident, there's no way to prove he was intoxicated while driving.

"It would be dangerous to conclude that an accused consumed alcohol prior to the event except in rare situations where other strong evidence was present," ruled Superior Court Justice Robert F. Scott in his judgment, ordering a new trial.

Lee's black Lexus was seen speeding along the highway at 130-135 km/h on the evening of Sept. 25, 2013, before it collided with the exit sign. He then continued to drive to his nearby home with the airbags deployed, according to court documents.

A short while after exiting the vehicle, Lee's mother-in-law noticed him downing what she described in court as "probably vodka" from a plastic bottle. When Ontario Provincial Police showed up, they smelled alcohol and demanded Lee take a breathalyzer test, the appeal said.

Quoted

"There are circumstances like this, where people do end up consuming alcohol after an accident."

Lawyer Nicholas Charitsis, who specializes in DUI cases

His readings were .08 and .077.

Lee was charged but not convicted of impaired driving, though his alcohol consumption factored into the dangerous driving conviction. His appeal hinged on the "bolus" defence, which says his blood-alcohol level spiked because he was drinking just prior to the breath test. There's not enough evidence, he argued, to show he was drunk while behind the wheel.

Toronto criminal lawyer Nicholas Charitsis, who specializes in impaired driving cases, said Lee's defence is not unheard of.

Impairment aside, Justice Scott ruled Lee's driving, a "marked departure" from the norm, warranted a new trial. The penalty for a dangerous driving conviction is a one-year driving prohibition and a $1,000 fine.

TORSTAR NEWS SERVICE

Mohamed Fahmy. Harper should speak up for jailed journalist at UN: Family

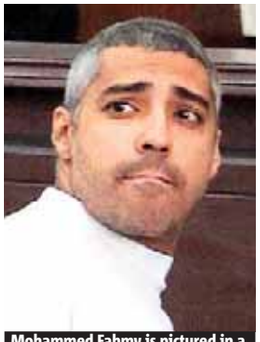
Amid diplomatic hustle and bustle expected as the UN General Assembly convenes this week, the family of a Egyptian-Canadian journalist imprisoned in Cairo is hoping the leaders of Canada and Egypt will find a quiet moment to discuss Mohamed Fahmy's case.

The gathering in New York is being attended by both Prime Minister Stephen Harper and Egyptian President Abdel Fattah el-Sissi — a rare coming-together Fahmy's family hopes might yield some results.

"It's an excellent opportunity to seize," Fahmy's brother, Adel Fahmy, said. "I hope they can capitalize on it."

The family isn't necessarily hoping Harper will demand Mohamed Fahmy's immediate release — although that is their ultimate goal — rather, they hope Harper or his ministers can at least convince their Egyptian counterparts to move the case along.

"We (hope) that there will be a chance for the prime minister to speak to President el-Sissi about Mohamed and try to deliver the message that what we need is essentially two things — the appeal process to be expedited … and also for the prime minister to ask that Mohamed get released for health reasons, a health release with bail and a travel ban," Fahmy's brother said. THE CANADIAN PRESS



Mohammed Fahmy is pictured in a Cairo courtroom on March 31. HEBA ELKHOLY/EL SHOROUK/THE ASSOCIATED PRESS

Background

Fahmy was working for Qatar-based satellite news broadcaster Al Jazeera English when he was arrested on Dec. 29 along with two colleagues — Australian correspondent Peter Greste and Baher Mohamed, an Egyptian producer.

- The trio were accused of supporting the banned Islamist Muslim Brotherhood group of ousted Egyptian president Mohammed Morsi.

Immigration

Research suggests e-tracking better than detainment

An internal federal study says electronic monitoring could be a useful alternative to locking up some immigrants and refugee claimants.

The study looks at the use of wired ankle bracelets, voice-recognition systems and other tracking tools in seven countries.

It suggests electronic monitoring can save money and reduce administrative burdens. The study could lay the groundwork for a pilot project to test the technologies.

A border agency spokeswoman says officials continue to study possible alternatives to detaining newcomers to Canada. THE CANADIAN PRESS

Initiative

Canada teams with other nations for space operations

The Department of National Defence has formalized an international partnership that, among other things, is aimed at avoiding satellite collisions.

The so-called Combined Space Operations Initiative involves the sharing of space-related information and resources among Canada, Australia, the United States and the United Kingdom.

The Defence Department says in a news release that the international space partnership will help Canada and its allies to more effectively co-operate on activities like identifying and understanding space objects and also ensuring uninterrupted satellite operations. THE CANADIAN PRESS

Afghan soldiers caught at U.S.-Canada border

Training exercise. Three army officers who disappeared from U.S. base on Cape Cod weren't considered a threat to the public

Vehicles are stopped by security personnel as they enter a gate Monday to Camp Edwards, Mass., on Cape Cod. Three Afghan National Army officers who went missing during a training exercise at a Cape Cod military base were detained Monday at the U.S.-Canadian border. STEVEN SENNE/THE ASSOCIATED PRESS

Three Afghan National Army officers who went missing during a training exercise at a Cape Cod military base were detained Monday at the U.S.-Canadian border, Massachusetts law enforcement officials said.

Massachusetts state police were notified that the three were being questioned by federal authorities at Rainbow Bridge, which connects Niagara Falls, N.Y., and Niagara Falls, Ont., said spokesman David Procopio, who did not have further details.

There was no immediate comment from the Pentagon.

U.S. Customs and Border Protection officials in Niagara Falls said they didn't have the men in custody. Messages left for Canada Border Services Agency weren't immediately returned.

Military officials said the Afghan soldiers had been participating in a U.S. Central Command Regional Cooperation training exercise at Joint Base Cape Cod. They arrived at Camp Edwards on Sept. 11 and were last seen Saturday at the Cape Cod Mall in Hyannis during an off day.

The soldiers were reported missing by base security personnel Saturday night. They were identified as Maj. Jan Mohammad Arash, Capt. Mohammad Nasir Askarzada and Capt. Noorullah Aminyar.

Gov. Deval Patrick, who had been briefed over the weekend on the situation, said earlier Monday that the military did not believe the three soldiers posed a danger to the public.

"They were vetted by the military. They were cleared by the military," Patrick told reporters while he visited a preschool program in Quincy.

Army Col. Steve Warren, a Pentagon spokesman, said earlier that 14 Afghans taking part in the Cape Cod military exercise were "thoroughly vetted" prior to coming to the U.S., so officials do not believe they are a threat.

The Regional Co-operation training exercises have been held annually since 2004 to promote co-operation and interoperability among forces, build functional capacity, practice peacekeeping operations and enhance readiness.

This year's exercise, which involves more than 200 participants from six nations including the U.S., is scheduled to wrap up Wednesday. Military officials from Tajikistan, Pakistan, Kazakhstan and Mongolia are also participants. THE ASSOCIATED PRESS

Quoted

"There is a lot of speculation within the military that they may be trying to defect."

Massachusetts Gov. Deval Patrick

PM vows to do more to fight terrorism after ISIS threat against Canadians

The Conservative government intends to do more to counter Islamic extremism, Prime Minister Stephen Harper said Monday in response to a new threat levelled directly at Canada.

The Islamic State of Iraq and al-Sham (ISIS) issued a new audio recording over the weekend urging supporters to kill westerners — military or civilian — from countries involved in the battle against ISIS in Iraq, including "Canadians."

Prime Minister Stephen Harper SEAN KILPATRICK/THE CANADIAN PRESS

Security agencies have been tracking these events for some time, Harper said.

"We have, as you know, strengthened laws in this country to deal with these kinds of threats," he said.

"We are currently in the process of examining these laws and examining other means we may have to monitor and to take action against both organizations and individuals who may undertake activities that are potentially threatening to Canadians." THE CANADIAN PRESS

Expanded campaign

U.S. strikes ISIS targets in Syria

The U.S. and partner nations began launching airstrikes against ISIS targets in Syria for the first time Monday night, expanding a military campaign against the militants with a mix of fighter jets, bombers and Tomahawk cruise missiles fired from ships in the region. THE ASSOCIATED PRESS

Man pleads guilty in high-profile Halifax child pornography case

'People should say her name.' Second charge of distributing child porn dropped; mother of victim wants mandatory publication ban lifted

The mother of a teenage girl victimized in a prominent child pornography case said she felt a measure of comfort Monday after one of the accused pleaded guilty, but she also believes her daughter's story is not getting the attention it deserves because of a statutory publication ban.

"I do feel some solace in that she just wanted to be validated," the mother said after one of two young men charged in the case in Halifax pleaded guilty to making child pornography. "She wanted … people to know that this actually happened to her instead of being blamed for … (it)."

But the mother said a mandatory publication ban, that prevents her now-deceased daughter from being identified, has effectively silenced her.

"The reason she came forward and she was brave and told her story is because she didn't want the silence," the mother said outside youth court. "She's no longer here, so I don't agree with it at all, and I do feel that people should say her name."

The Crown dropped a second charge of distributing child pornography against the accused, who is now 20 but cannot be named under the Youth Criminal Justice Act because the offence occurred when he was 17.

Based on an agreed statement of facts read into the court record by Crown lawyer Alexander Smith, the teen girl, then 15, went to the accused's house where she, a friend and four male youths drank alcohol in the fall of 2011.

Smith said the accused took a photograph later that night, with his cellphone camera of one of the male youths having sex with the girl while she was vomiting. She was unaware that the picture was being taken and did not give consent to it, Smith said.

After the accused was arrested in the summer of 2013, he told police that he sent the photograph to the male youth who had sex with the girl the next day, Smith said. The accused is not alleged to have sent the photograph to anyone else, but the image was distributed to numerous people, most of whom attended the same high school the girl did.

The girl's case generated international headlines since last year. But in May, a judge upheld a publication ban under the Criminal Code that prohibits the identification of victims in child pornography cases. THE CANADIAN PRESS

Bullied

The girl died after she was taken off life-support following a suicide attempt in the spring of 2013. Her family says she was bullied for months as a result of the photo.

Off, off Broadway: Polar bear protests at climate summit

A man dressed as a polar bear climbs a barricade as protesters take part in the Flood Wall Street demonstrations on Monday, preceding the United Nations' Climate Summit 2014: Catalyzing Action, in New York. TIMOTHY A. CLARY/AFP/GETTY IMAGES

'Full support.' UN member states endorse rights of all indigenous peoples

The United Nations General Assembly on Monday approved a document outlining the rights of indigenous peoples worldwide.

The Outcome Document was endorsed by consensus at the start of the first World Conference on Indigenous Peoples.

The gathering brought together more than 1,000 delegates from indigenous communities along with various heads of state and UN officials.

Secretary-General Ban Ki-moon said indigenous people are "central to our discourse of human rights and global development" and have an important role in the push for a more sustainable use of natural resources. Ban said indigenous people have the "full support" of the UN. He welcomed delegates with greetings in indigenous languages from Latin America, South Africa, New Zealand, Malaysia, North America, Norway and Sweden.

Aili Keskitalo, president of the Sama Parliament in Norway, said the primary goals of the UN Declaration on the Rights of Indigenous Peoples are to prevent the loss of territory, to end discrimination and to maintain cultural identity, among others. THE ASSOCIATED PRESS

Quoted

"The challenge now remains to implement the provisions of the declaration, by closing the gaps between … inspiration and reality."

Aili Keskitalo, president of the Sama Parliament in Norway

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Blunt commentary. Pro-pot Alaskan TV reporter quits abruptly on-air

A television reporter revealed during a live on-air segment that she owns a medical marijuana business and was quitting her job to advocate for the drug ahead of a November ballot initiative to legalize the recreational use of pot in Alaska.

After reporting on the Alaska Cannabis Club on Sunday night's broadcast, KTVA's Charlo Greene identified herself as the business's owner.

"Everything you've heard is why I, the actual owner of the Alaska Cannabis Club, will be dedicating all my energy toward fighting for freedom and for fairness, which begins with legalizing marijuana here in Alaska," she said. She then used an expletive to quit her job and walked off-camera.

In a statement on KTVA's website, news director Bert Rudman apologized for Greene's inappropriate language and said she was terminated.

Alaska business records indicate Charlene Egbe registered the business name on April 20, or 4-20. The number 420 has long been associated with marijuana, though its origins as shorthand for pot are unclear. KTUU reported Greene was Egbe's professional name.

Taylor Bickford, a spokesman for a group backing the measure, said he hopes voters look beyond Greene's language.

"I hope that her language, which clearly was not appropriate for television, doesn't distract from the importance of her message," said Bickford, with the Campaign to Regulate Marijuana Like Alcohol.

A spokeswoman for the opposition group Big Marijuana Big Mistake said it has twice complained to KTVA management about what it claimed was Greene's biased coverage of the ballot initiative.

"While we are frustrated with these actions, we are further disappointed by this distraction from what needs to be a full and honest debate about a dangerous initiative that will hurt Alaska's communities and kids," Kristina Woolston said in a statement. THE ASSOCIATED PRESS

Lululemon founder forced to remove mural

Graffiti violation. Chip Wilson's wall mural was found to break Vancouver's graffiti bylaws

EMILY JACKSON
emily.jackson@metronews.ca

Chip Wilson may be known for billion-dollar ideas, but commissioning a mural without a city permit wasn't one of them.

The Lululemon founder had to paint over the mural he commissioned for the wall below his $54-million oceanfront home after the city ruled the artwork wasn't up to snuff.

Wilson paid local graffiti artists to create the mural in October 2013 in an effort to stop unwanted graffiti.

But the city began investigating the mural after a neighbour inquired whether the Wilsons received a permit for the artwork. They hadn't.

The city reviewed the mural and found it didn't meet city requirements for preventing graffiti, according to an unattributed statement from the city's communications department.

The city met with a representative from the property in late July to see whether Wilson could "bring the mural into compliance." Instead, he painted over the sections that didn't meet the city's standards.

The whitewashed wall beside the foreshore has since been tagged with the phrase, "The City of Vancouver: Consistently Opposing the Arts."

But there's still a chance the wall could get a makeover.

The city and Wilson are continuing the discussion about the possibility of a "city compliant mural" at the location, according to the city's statement.

Lululemon's Chip Wilson commissioned a mural on the wall seen above, a mural which ultimately violated Vancouver's graffiti laws. It has since been tagged with a message criticizing the city's stance on graffiti.
GRAPEFRUIT1/REDDIT

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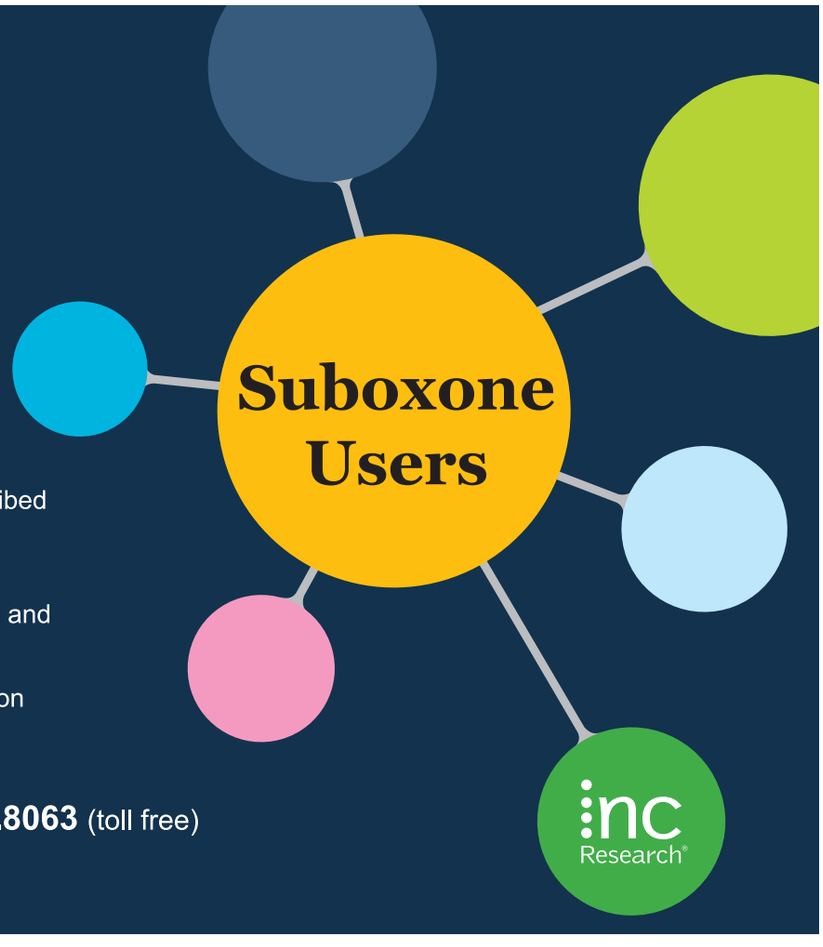

Fresh new brew. Starbucks' coffee-beer pilot project underway

Move over pumpkin spice latte, there's a new coffee in town — and it tastes like beer. Or a pint of Guinness to be more precise.

As reported by Buzzfeed and a handful of Twitter users, Starbucks is pilot testing a Dark Barrel Latte made with a blend of espresso, chocolate stout-flavored syrup and steamed milk, all topped with whipped cream and a dark caramel sauce.

The drink, which can also be made as a frozen Frappuccino, is alcohol-free and is reportedly being trialled in Columbus, Ohio, and parts of Florida.

Reactions on Twitter have been mixed, with some heaping praise on the innovative new flavour, while others have given it a thumbs down.

"Dark Barrel Latte is cozy but not sweet — like a bonfire on a chilly autumn night. @Starbucks please keep it around!" tweeted one fan.

But those who may not be able to stomach the idea of drinking a beer-like beverage for breakfast may want to heed another customer's review:

"The Dark Barrel Latte at Starbucks literally tastes like drinking a Guinness in the early morning…so yuck," wrote one customer. **AFP**

Starbucks is now offering an alcohol-free coffee that tastes like beer. STARBUCKS

St. John's, N.L.

Lawyer hopes to appeal ruling that province is not liable for moose-related car crashes

A Newfoundland lawyer who lost his bid to hold the province liable for moose-vehicle crashes hopes a panel of appeal court judges will see the case differently.

Ches Crosbie said Monday he will appeal a provincial Supreme Court ruling that dismissed the class-action lawsuit he spearheaded. He also urged the province to settle with plaintiffs in light of what he called a moral victory that has already forced the government to act.

"The suffering that the members of the class have undergone has public sympathy," Crosbie said at a news conference, flanked by plaintiffs and supporters.

The lawsuit involved 135 plaintiffs who needed hospital care, and at least 15 estates of those killed in collisions since 2001. **THE CANADIAN PRESS**

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Chinese democracy.
Hong Kong students protest limited reforms

Thousands of Hong Kong college and university students boycotted classes Monday to protest Beijing's decision to restrict voting reforms, the start of a week-long strike that marks the latest phase in the battle for democracy in the southern Chinese city.

The strike comes as dozens of the city's tycoons and business leaders paid a rare group visit to Beijing to meet with China's communist leaders, who want to bolster support from Hong Kong's pro-establishment billionaire elites for the central government's policies on the semi-autonomous city.

Student organizers are dismayed over Beijing's decision in August to rule out open nominations for candidates under proposed guidelines for the first-ever elections for Hong Kong's top leader, promised for 2017.

Discontent over democratic reform is especially acute among Hong Kong's young people, who worry about their prospects amid widening inequality they blame on billionaire tycoons whose companies control vast parts of the economy and who have Beijing's ear.

The National People's Congress, China's legislature, insists election candidates be vetted by a committee. Many of the tycoons visiting Beijing are part of a similar body that selects Hong Kong's leaders.

The tycoons urged democracy activists to avoid a confrontation, saying Beijing won't change its mind.

"Hong Kong is a financial centre, and if the main financial district is messed up, then Hong Kong will be ruined," billionaire property developer Lee Shau-kee told reporters after arriving in Beijing on Sunday night.

THE ASSOCIATED PRESS

Thousands of Hong Kong university students boycotted classes on Monday to protest Beijing's decision to restrict electoral reforms, marking the latest phase in the battle for democracy in the south Chinese city. VINCENT YU/THE ASSOCIATED PRESS

Riot police use water cannons to disperse Kurdish demonstrators who were clashing with Turkish security forces as thousands of refugees continued to arrive at the border in Suruc, Turkey, on Monday. Some 130,000 refugees fleeing the ISIS advance into the Kurdish region of Syria have entered Turkey since late last week. BURHAN OZBILICI/THE ASSOCIATED PRESS

Turkey facing 'wave' of Kurdish refugees

Fleeing ISIS.
In the past four days, approximately 130,000 Kurds have crossed over from Syria

Uncertainty, fear

"We don't know how many more villages may be raided, how many more people may be forced to seek refuge."
Numan Kurtulmus, Turkey's deputy prime minister

Some 130,000 Kurdish refugees fleeing Islamic militants have crossed the border from Syria into Turkey in the past four days, Turkey's deputy prime minister said Monday as fighting raged close to Turkey's southern border.

The minister, Numan Kurtulmus, warned that Turkey was facing "a refugee wave that can be expressed by hundreds of thousands."

"This is not a natural disaster ... what we are faced with is a man-made disaster," Kurtulmus said of the surge of mostly women, children and the elderly that started late Thursday.

The situation has raised tensions between Turkish authorities and Kurds, who claim the government is hampering their efforts to help their brethren in Syria by refusing to let Turkish Kurds cross into Syria. New clashes Monday erupted along the border near the town of Suruc, with Turkish police firing tear gas and water cannons to disperse Kurds protesting the government or demanding to reach Syria.

"We don't know how many more villages may be raided, how many more people may be forced to seek refuge," Kurtulmus said. "An uncontrollable force at the other side of the border is attacking civilians."

Suruc itself was flooded with refugees and armoured military vehicles.

The Islamic State of Iraq and al-Sham (ISIS), an al-Qaida breakaway group, says it has established an Islamic state, or caliphate, ruled by a harsh version of Islamic law in territory it captured straddling the Syria-Iraq border. ISIS militants recently advanced into the Kurdish regions of Syria that border Turkey.

Turkey had previously been reluctant to take part in international efforts against the group, citing the safety of 49 citizens taken hostage in June when the Islamic group overran the Iraqi city of Mosul. But on Saturday, Turkey secured the hostages' release but would not say how. President Recep Tayyip Erdogan has denied paying a ransom but has been vague on whether there was a prisoner swap.

The conflict in Syria had already pushed more than a million people over the border since it began in March 2011. Refugees on Sunday reported atrocities by Islamic fighters that included stonings, beheadings and the torching of homes. THE ASSOCIATED PRESS

Possible prisoner swap

Turkish President Recep Tayyib Erdogan indicated Monday his country may have traded ISIS prisoners for Turkish hostages.

- **Negotiated release.** Altogether 49 hostages were released by ISIS Saturday. Of the released hostages, 46 were Turks while three were Iraqis.
- **Months-long process.** Erdogan indicated the negotiation of the hostages' release lasted 102 days. He has not, however, fully disclosed the details of their release.
- **Resolutely against ISIS.** With the lives of his countrymen secured, Erdogan said Turkey would not hesitate to join the fight against terror and ISIS, feeling Turkey has been unfairly criticized for not standing against ISIS while sorting through their hostage situation.

Firework fatalities

Chinese fireworks factory explosion kills 6, injures 38

An explosion at a fireworks factory in southern China killed six people and injured 38 others, the local government said.

The blast shook Nanyang Export Fireworks Factory, the city of Liling in Hunan province.

China is the world's largest producer of fireworks, which are widely used to celebrate the lunar new year. The festival falls in February in 2015.

The explosion's cause is unknown. THE ASSOCIATED PRESS

South Africa

Parks service workers suspected of rhino poaching

Three employees of South Africa's parks service were arrested on suspicion of rhino poaching in Kruger National Park, the agency said.

The three suspects were found with loaded rifles in an area hit hard by rhino poachers.

"These are the people we entrusted with the welfare of these animals,'' said Reynold Thakhuli, a park spokesman.

THE ASSOCIATED PRESS

White House fence-scaling incident. Investigators found ammo, weapons in accused's car: Prosecutor

Investigators found more than 800 rounds of ammunition, a machete and two hatchets in the car of the former soldier accused of scaling the White House fence and sprinting inside while carrying a knife, a U.S. prosecutor said Monday. President Barack Obama was "obviously concerned" about the weekend incident, spokesman Josh Earnest said.

Omar J. Gonzalez, 42, faces charges of entering a restricted building or grounds while carrying a deadly or dangerous weapon. He had been arrested earlier in the summer in the nearby state of Virginia with a carful of weapons, authorities said, and a federal prosecutor said Monday in court that Gonzalez had a map then with the White House circled.

Authorities ran into Gonzalez again, less than a month ago on Aug. 25, when he was stopped while walking along the south fence of the White House, his car parked nearby. He had a hatchet in a rear waistband but no firearms, a federal prosecutor said at Monday's hearing. Gonzalez gave permission to search his car and was not arrested.

Friday evening, Obama and his family had left the White House for Camp David when the incident occurred. Gonzalez was seized just inside the building's front door. No guns were found in his car.

In court, Gonzalez, with a grey beard, a shaved head and dressed in a standard prison orange jumpsuit, listened impassively as the prosecutor spoke. He could face up to 10 years in prison if convicted of illegally entering a restricted area with a dangerous weapon.

The Army said he served from 1997 until his discharge in 2003, and again from 2005 to December 2012, when he retired due to disability.

At the federal court hearing, Assistant U.S. Attorney David Mudd said Gonzalez already was under indictment in southwestern Virginia, accused of having a sawed-off shotgun and trying to elude police this summer.

THE ASSOCIATED PRESS

Secret Service

The Secret Service has long tried to balance public access to the "People's House" and security of the presidential residence.

This combination of two undated photos provided by Rainie Murphy-Gandy shows a Bible that his former stepson, Jerry Murphy Sr., says White House intruder Omar Gonzalez gave him. Gonzalez said he carried the Bible with him during his service in the army in the Iraq war. Gonzalez is accused of scaling a White House fence Friday, Sept. 19, and making it inside the building before the Secret Service stopped him. COURTESY JERRY MURPHY/THE ASSOCIATED PRESS

Argentina

Doctors suspected of stealing babies during dictatorship

Two Argentine doctors are being tried on suspicion of stealing babies from political prisoners during the country's dictatorship.

Raul Eugenio Martin and Norberto Bianco are accused of taking nine babies from a clandestine maternity ward located inside military barracks. Others named in the case include midwife Luisa Arroche, retired military officer Santiago Riveros and Reynaldo Bignone, who is the last military president of the 1976-1986 dictatorship.

Bignone and Riveros are already serving life in prison for crimes against humanity.

Argentina's government estimates that some 13,000 people were forcibly disappeared during the dictatorship. THE ASSOCIATED PRESS

New Zealand PM wants vote on changing country's flag

A controversial issue. Newly elected PM John Key wants New Zealanders to decide whether they want a new flag for the country

In this March 2014 file photo, Victor Gizzi, left, and David Moginie, managers at flag manufacturer Flagmakers, pose next to flags of New Zealand, left, and Australia, in their factory near Wellington, New Zealand. NICK PERRY/THE ASSOCIATED PRESS

Fresh off a big election win, New Zealand Prime Minster John Key said Monday that he wants the nation to vote next year on changing its flag.

Key told television station TV3 that he wants to quickly initiate the process of holding a national referendum.

"I'd like that issue dealt with in 2015," he said. "New Zealanders either need to decide yes or no."

Some in New Zealand consider the flag to be an unwanted relic from a colonial past, while others feel a deep attachment to it.

The flag depicts the Southern Cross star constellation and includes Britain's Union Jack in the top left corner. Opponents say it's too similar to Australia's flag and doesn't reflect New Zealand's independence from Britain.

When Key first raised the idea of a flag vote in March, he said he favoured changing the design to a silver fern set against a black background, an image that's popular among New Zealand's sports teams, including the national rugby squad, known as the All Blacks.

Some say that design would equate the country too much with its sporting heroes, or would be too reminiscent of a pirate ensign. And such a flag would not make reference to the nation's indigenous Maori, who some say should be represented in any new design.

Among those who support retaining the flag are the Returned and Services Association group, which represents former military personnel.

Key told TV3 that other priorities for his upcoming term include continuing to grow the economy, enacting changes to the education system, and getting people off welfare and into work.

THE ASSOCIATED PRESS

Election win

Key's centre-right National Party won 48 per cent of the vote in provisional results from Saturday's election, giving it a third term in office and an outright majority in Parliament.

- The election result was disastrous for the liberal Labour Party, which won just 25 per cent of the vote, its worst showing in more than 90 years.
- Labour Party leader David Cunliffe told reporters Monday that he doesn't intend to resign but does want the party to take a leadership vote so he's either given a mandate to continue or is replaced.

Alberta Health Services reopens ER in Edmonton after Ebola diagnosis ruled out

Workers disinfect an area of the Royal Alexandra Hospital ER in Edmonton. LEAH HOLOIDAY/METRO IN EDMONTON

Alberta's health authority is assuring patients at Edmonton's Royal Alexandra Hospital they didn't come in contact with Ebola after the hospital's emergency room was closed Monday morning.

Shortly after 6 a.m., Alberta Health Services initiated precautions to quarantine and decontaminate the emergency department at the Royal Alex when an admitted patient was suspected of having Ebola after a recent trip to Africa.

Precautions

The emergency room at Royal Alexandra Hospital was reopened at 11 a.m., after staff decontaminated the area.

While officials would not clarify where in Africa the man had travelled, AHS senior medical officer of health Dr. Gerry Predy said they were able to rule out Ebola after a detailed assessment of the patient's travel history.

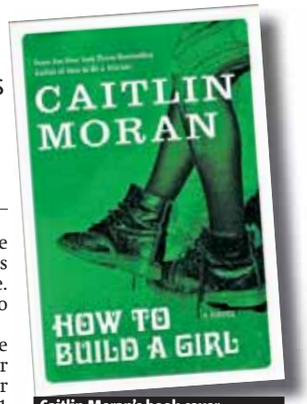
"We did have a patient who gave a travel history that suggested the he might have Ebola, but after further assessment we've ruled out Ebola," Predy told media.

Since Ebola symptoms are specific to the disease, Predy said the doctors took the proper precautions to ensure the safety of patients, staff and the public by closing down the department.

LEAH HOLOIDAY/METRO IN EDMONTON

How do you build a girl? Ask British writer Caitlin

Caitlin Moran. British journalist, comedian and notable feminist is in Toronto promoting her latest book, How to Build a Girl



Caitlin Moran's book cover. CONTRIBUTED

Caitlin Moran is on the phone, talking at what seems like a million words a minute. You've got to really listen to catch what she's saying.

But millions of people are making the effort, filling her standup shows, buying her books — such as her 2011 debut blockbuster How to Be a Woman — and reading her column in The Times of London — for which she's been named Columnist of the Year and Critic and Interviewer of the Year by the British Press Awards. She's also recently been named the fourth most powerful woman in the U.K.

"Instead of doing the usual promotional tour, I did a standup comedy tour here in the U.K., which was massive and ridiculous and the signings went on for three hours afterwards," she says about promoting her first book.

Quoted

"One of the things that have put young women off feminism is thinking that specifically means wearing dungarees, being angry at men, being a lesbian and shaving your hair off." Caitlin Moran

Moran is not someone who requires reading between the lines. After all, her latest novel, How to Build a Girl, opens with the 14-year-old protagonist masturbating beside her sleeping brother.

She quashes the notion that young women are turning away from feminism. She knows, she says, because her "I'm a feminist" merchandise sells out at every show (with proceeds going to abused women and children) and she gets 20 tweets a day from young women telling her they're reading How to be a Woman (she has more than 500,000 Twitter followers).

"I think one of the things that have put young women off feminism is thinking that specifically means wearing dungarees, being angry at men, being a lesbian and shaving your hair off," she says. "Of course that's not feminism at all. It is simply the belief that women should be equal to men."

TORSTAR NEWS SERVICE

Book signing

Caitlin Moran has a book signing Tuesday at Indigo Spirit, at First Canadian Place, from 12:15 p.m. to 1:30 p.m.

Caitlin Moran was recently named the fourth most powerful woman in the U.K. She is in Toronto Tuesday. CONTRIBUTED

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Rising costs are killing zombie walk: Promoter

A local Halloween event known for filling streets with prowling zombies is asking Torontonians to "lend a limb" after funding fell short this year.

The cash-strapped Toronto Zombie Walk and Halloween Parade has launched an online crowdfunding campaign to finish raising about $50,000 required for street closures, security, insurance, volunteer expenses, entertainment, transportation and equipment rental.

Known for the plethora of people it draws each year dressed in ghoulish garb and elaborately scary makeup, the parade travels along University, College and Queen on its way to and from city hall each October.

The fundraising campaign aims to collect at least $7,000, though spokesperson Stefania Zanini says more may be required to host the event and subsequent iterations.

Just under $2,000 has been donated by about 40 online contributors so far. Any funds collected beyond the total required will be funneled to the Canadian Wildlife Federation's Help the Bats program.

A zombie parades down Queen Street during a previous Toronto Zombie Walk. CARLOS OSORIO/TORSTAR NEWS SERVICE

If not enough money is raised, Zanini says organizers will have to dip into next year's reserve savings and consider cancelling the event.

"I don't know what will happen. I wish I did know," she says, noting that the walk has received some grant money, but not enough to keep the event going. "If we don't raise the funds it will be the last walk."

But paid-duty policing costs aren't the sole reason for the zombie walk's money troubles. Just about every expense the parade incurs is on the rise, Zanini says, making it tough to keep the event going.

She also attributes the walk's "desperate need" for cash to its immense growth since being founded in 2003 by Thea Faulds, better known as Thea Munster, and her husband Adam Pearson.

The bottom line, she says, is that the parade is a labour of love that's managed to entertain and unite communities while drawing attention to the city.

TORSTAR NEWS SERVICE

Save the Earth with a printer?

Going green.
A Waterloo, Ont., business promoting its 3D printer in NYC argues the product can be good for the environment

Andrew Finkle and Charles Mire, the co-founders of Canadian startup Structur3D, show off the 3D-printer adapter they used to create a New York Yankees logo out of Nutella at the Maker Faire festival in Queens, N.Y., on Sept. 21. THE CANADIAN PRESS

While hundreds of thousands of people marched against climate change in New York City, across town, two young Canadian entrepreneurs displayed an invention they hope might put a little dent in the global carbon footprint.

The business partners from Waterloo, Ont., took home a couple of the judges' ribbons at a technology fair Sunday afternoon, as they showed off an adapter that allows home-style 3D printers to work with additional materials.

Hooked up to one of these syringe-like contraptions, they say, a home unit is no longer confined to just printing plastic. Suddenly, a high-tech do-it-yourselfer's repertoire might include ceramic, wood filler, clay, hydrogels — pretty much any viscous substance that can be squeezed through a little tube, at room temperature.

"Are you 3D-printing Nutella?!" one woman burst out as she arrived at the display stand for Structur3D.

Yes, in fact, they were.

Playing to the local crowd, they had even set up a 3D printer to draw a chocolatey replica of a New York Yankees logo.

Mire made the point that his $379 gizmo also has serious applications, beyond Nutella spreads. One of those happens to be environmental — a buy-local movement, if you will, narrowed down to your own house. "It's one less trip (people) have to make to the store. It's one less thing they have to order off of the Internet," Mire said. "They can use locally sourced materials or make things in their own homes. In a way, it really could reduce carbon footprints on a cumulative level.... So it's just a small contribution, on a very large problem." THE CANADIAN PRESS

$17.8B lawsuit

Big Tobacco case enters final leg

Final arguments are underway in a landmark case pitting Quebec smokers against Big Tobacco.

The $17.8-billion lawsuit is believed to be the biggest class action ever seen in Canada.

An estimated one million Quebecers are involved in the lawsuit, which is targeting three major Canadian tobacco manufacturers.

THE CANADIAN PRESS

Spoiler alert!

We are more polite than Americans... about spoilers

Sorry about that spoiler, eh?

According to a study conducted by Netflix, Canadians are characteristically polite about trying to avoid spoiling a TV show for their friends and family.

But most say they've had to apologize in the past for blurting out too much about an exciting plot point. THE CANADIAN PRESS

General Motors

Death toll due to faulty ignition switches rises

The death toll from crashes involving General Motors small cars with faulty ignition switches is at least 21.

For months, the company said at least 13 people died in crashes linked to the faulty switches, but GM acknowledged that the death toll would go higher. Some lawmakers have estimated that it's close to 100. THE ASSOCIATED PRESS

Market Minute

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FASHIONABLE PEOPLE WEARING QUESTIONABLE THINGS

SHE SAYS

Jessica Napier
metronews.ca

I would never say that I was bullied in high school, but I do have a vivid memory of one particular Mean Girl moment. I must have been about 13 or 14 when a classmate cornered me at my locker, looked my body up and down and asked: Why do you dress like that?

I think she was referring to my attempt at early-2000s European street style, a look that didn't exactly translate at my suburban Canadian high school. But despite her harsh disapproving attitude I have to admit it was an interesting question. Why did I choose to dress like that? Why do any of us buy and wear certain types of clothing, and why do other people care?

The question of why we wear what we do is the subject of a new book edited by Toronto author Sheila Heti in collaboration with Leanne Shapton, Heidi Julavits and Mary Mann. Women in Clothes includes contributions from 639 women — writers, fashion industry insiders, famous types and normal people — exploring our emotional attachment to clothing. The book features a diverse array of perspectives that were crowd-sourced through personal interviews and an online style survey.

I'm sure some people would dismiss such a compilation as superficial frippery — who really needs to read 500-plus pages on getting dressed? But I think there's great value in understanding how women from all walks of life present themselves to the world through their clothes.

Magazine editors like to write about "statement pieces," but every piece of clothing we own sends a message, even if it's understated. Clothes tell a story about who we are and how our personalities, lifestyles and bodies change over time.

Wardrobes are tangible scrapbooks filled with mundane and momentous items: bathing suits, pyjama pants, pencil skirts, Bridal gowns, maternity dresses, underwear and so much more.

And then there are the clothes that got away: the expensive pair of high heels you just couldn't justify buying, the earring that fell down the drain never to be seen again, or the one-of-a-kind leather jacket you accidentally abandoned in a restaurant coat check. I don't follow fashion week runway shows or trend reports, but I do love clothes. I am always curious about the changing shapes, cuts, colours and varieties. Most of all, I'm inspired by the ways in which other women choose to wear their clothes, from the professionally chic fashion blogger in my Instagram feed to the stylish woman waiting for bus alongside me in the morning.

I'm happy to look back at those cringe-worthy photographs in my high school yearbook because I'd rather be occasionally embarrassed than always play it safe in basics.

Why not take an experimental approach to dressing and try on different styles and trends? Saying "I can't pull it off," is the most absurd sartorial statement anyone can make. Of course you can pull it off — all you have to do is put it on.

When it comes to answering the question of why we dress the way we do, there's no singular answer. Style is determined by a number of personal and cultural reasons. Clothes are functional, but they can also be fun and experimental and yes, sometimes a big mistake.

Insert David Bowie song-title reference here

In this artist concept provided by NASA, the Maven spacecraft approaches Mars on a mission to study its upper atmosphere. Late Sunday night, Maven entered orbit around Mars for an unprecedented study of the red planet's atmosphere. NASA HANDOUT/THE ASSOCIATED PRESS

NASA's Maven looks for clues to life, on Mars

NASA's Maven spacecraft entered orbit around Mars for an unprecedented study of the red planet's atmosphere, following a 710-million-kilometre journey that began nearly a year ago.

The robotic explorer successfully slipped into orbit around the red planet late Sunday night. Scientists believe the Martian atmosphere holds clues as to how Earth's neighbour went from being warm and wet, billions of years ago, to cold and dry. That early wet world may have harboured microbial life, a tantalizing question yet to be answered.

THE ASSOCIATED PRESS

1 Martian year = 2 Earth years

Maven — short for Mars Atmosphere and Volatile Evolution Mission — will spend at least one Earth year collecting data.

- The craft is as long as a school bus, from solar wingtip to tip, and as hefty as an SUV.

Woohoo!

"I think my heart's about ready to start again.... All I can say at this point is, 'We're in orbit at Mars, guys!'"

Bruce Jakosky, Maven's chief investigator

MetroTube

Meanwhile, in Russia ...

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's been a while since we've had a good "Meanwhile, In Russia" presentation, so it's perhaps timely that the all-seeing eyes hovering over the country's roadways have checked in with this lucky cyclist, who walked away from the most terrifying bike crash you're likely to see. (Palvinder Kaur/YouTube)

GETTY IMAGES FILE

Twitter

@metropicks asked: "F* it, I quit." A woman in Alaska left her reporting position on air using profanity. What kind of exit would you make to leave a lasting mark?**

@AllisonThiessen: my brother baked a cake with "I quit" on it to end a job on a sweeter note.

@BrittanyJoyce22: I once quit by telling my boss is was time for me to get "A real job" I meant to say "A job in my field" #Oops

@WTarcisio: I always leave doors open in the job. Life is not a Jim Carrey movie

Join the conversation @metropicks

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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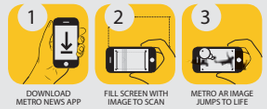

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DVD review

Neighbors

Director. Nicholas Stoller

Stars. Seth Rogen, Zac Efron, Rose Byrne

This bumpy comedy by Nicholas Stoller (Forgetting Sarah Marshall) finds mirth in how we're all just one life change away from curmudgeonhood. One minute you're smoking grass, the next you're screaming at "kids" to get off your lawn.

Seth Rogen and Rose Byrne, both in their early 30s, play the "old couple next door" to a group of wild frat boys led by Zac Efron, age 26.

Rogen's Mac and Byrne's Kelly are one-time ravers who are now parents of an adorable baby girl. All they want, as any parent would, is a little peace and quiet so their darling can sleep blissfully at night.

But that's not happening now that the local college frat boys of Delta Psi have moved next door. Cue mayhem as diaper changers and toga wearers collide. Hose off, repeat for occasional laughs. **PETER HOWELL**

Television

Colin Farrell joins True Detective

After months of rumours, actor Colin Farrell has finally confirmed his involvement in the second season of HBO's crime series True Detective. Farrell will share the billing with three other actors whose names have yet to be revealed.

In an interview with the Sunday World, Farrell confirmed his participation in Season 2 before sharing a few details on the project: "I know it will be eight episodes and take around four or five months to shoot. I know very little about it, but we're shooting in the environs of Los Angeles which is great. It means I get to stay at home and see the kids."

Taylor Kitsch, Elisabeth Moss and more recently Rachel McAdams are among those rumored to be in line for the additional lead roles. **AFP**

S.H.I.E.L.D. actor relishes Grant scheme of things

metro AR Scan this photo with your Metro News app to check out a video recap of Season 1 of Agents of S.H.I.E.L.D. before you start watching Season 2.
CONTRIBUTED

Agents of S.H.I.E.L.D.

Brett Dalton's OK with hate-on fans have for turncoat character he plays in show they love

RICHARD CROUSE
scene@metronews.ca

Brett Dalton knows he's the gent Agents of S.H.I.E.L.D. fans love to hate. "I get boos," he says.

As Agent Grant Ward he spent most of the show's first season as a gruff but good guy. Then in a late season development, it was revealed that he was actually a spy working for HYDRA, a criminal organization dedicated to global domination.

"I get some, 'I trusted you!' 'I feel betrayed.' 'My mother still believes in you!' I get the whole gamut. It's kind of all over the place for me. For the other actors it's more like, 'Oh my gosh, I love you on the show.' For me it's more like, 'I love-hate you.' I get a little of both.

"I think Ward is a character they love to hate. It's not boo against Brett Dalton, it's boo against the character."

The actor, who holds a masters degree from the Yale School of Drama, had no idea there were big changes in store for Agent Ward.

"I'm glad they didn't tell me," he says, "because I really would have tipped my hand. They told me the episode before and there were a couple of shoot days left and even in those shoot days it kind of did me in mentally because I was thinking, 'Am I listening like a spy? Am I giving too much away?' All I was doing was listening in the scene. Standing and listening. But the way in which I was listening, I wasn't so sure about."

The fan reaction to his character's double cross was swift.

"In the beginning some of the tweets were like, 'I want to punch @iambrettdalton in the face.' They didn't say Grant Ward, they tagged me and said they wanted to punch me in the face. I thought they could have just typed in Grant Ward."

As the show goes into its second season Dalton tips his hat to the fans. Without them the show wouldn't exist, literally.

When Agent Coulson, played by Clark Gregg, was killed by Loki in The Avengers movie it triggered a worldwide Coulson Lives crusade that inspired Marvel to create the show.

"The whole Coulson Lives campaign was started by the fans," he says, "and became this really fun, underground stencil that was seen around the world. Then Marvel got wind of it and decided to make a whole TV show around Coulson putting together a ragtag group of people trying to save the world each week.

"The show exists because of the fans. And that's the reason we have Season 2 as well, because we have such amazing fans who tune in each week and follow everything and are so eager about the whole thing. They're why we do what we do."

Boo who?

"I think Ward is a character they love to hate. It's not boo against Brett Dalton, it's boo against the character."

Brett Dalton on fan reaction to his character Grant Ward's double cross on Agents of S.H.I.E.L.D.

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Katherine Heigl ALL PHOTOS GETTY IMAGES

Heigl tours world of war without leaving the studio

Maybe sometimes we're too fast to jump all over Katherine Heigl anytime she does, well, anything.

For instance, when Heigl posted a photo of herself and co-star Chris McKenna from the set of her new series, State of Affairs, with the caption "Santa Clarita played part of Kabul, Afghanistan today," several critics were quick to point out she was standing in front of posters from Iraq.

Well, Heigl wants you to back the hell off, OK?

"Our secret is out!" she says in a statement. "The sets we use on State of Affairs represent many different countries around the world. We were actually shooting scenes in 'Kabul,' but for the selfie had wandered into 'Iraq' by simply crossing the street. Movie magic, people!"

Mad Men pillow talk won't get out, Hamm vows

While the rest of us have to wait until next year to find out how Mad Men ends, there is at least one person not working on the show who knows what happens: Jon Hamm's longtime girlfriend, Jennifer Westfeldt.

But don't expect her to spill anytime soon.

"Oh, she knows. I tell her everything," Hamm tells Us Weekly. "I tell her everything and she definitely knows. She won't tell anyone."

Perhaps series creator Matthew Weiner stands outside their window menacingly every night just to make sure.

Jon Hamm

The Word

Taking a stand for all muggle women around the world

NED EHRBAR
Metro in Hollywood

Ladies and gentlemen, Emma Watson is your new feminist icon.

The Harry Potter star and UN Goodwill Ambassador gave an impassioned speech at the United Nations headquarters this weekend to launch the HeForShe campaign, looking to help turn men into advocates as well.

"I decided that I was a feminist. This seemed uncomplicated to me. But my recent research has shown me that feminism has become an unpopular word. Women are choosing not to identify as feminists. Apparently, (women's expression is) seen as too strong, too aggressive, anti-men, unattractive," Watson said during her speech.

"Why has the word become such an unpopular one? I think it is right I am paid the same as my male counterparts. I think it is right that I should make decisions about my own body. I think it is right that women be involved on my behalf in the policies and decisions that affect my life. I think it is right that, socially, I am afforded the same respect as men."

I have no joke here but just wanted to point out that Watson is awesome. Although I was a little distracted by the presence of her ludicrously attractive brother seated behind her.

Sharon Stone

Italian paparazzi pump ego for 'declining' star Stone

Sharon Stone is getting some bad buzz from the Italian filmmaking duo Pupi and Antonio Avati, with whom she worked on Golden Boy.

The Avati brothers recounted some diva-ish behaviour on Stone's part, brought on by the presence of paparazzi, according to the Hollywood Reporter.

"We brought her to the most luxurious suite of the Hassler Hotel. The next day on set, there were more than 200 paparazzi. There, her ego definitively inflated. It is the classic pattern with these American actresses who are slightly declining."

Ouch. And Pupi recalls her disappearing completely.

"My brother received a phone call from Los Angeles from her manager: She wouldn't come back on the set until the photographers ... had gone away."

Twitter

@KevinHart4Real
And the award for the dumbest guy on the planet goes to me ... Who buys the new iPhone6 & drops it & cracks his screen? The answer is ME

@SarahKSilverman
It's imperative that you not make eye contact when dealing w drunk people

@WhitneyCummings
If I'm flirting with you, it probably means I'm about to ask you if I can borrow a phone charger

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MENTAL HEALTH

Featuring

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CHILDREN AND YOUTH
Are you aware of the signs and symptoms?

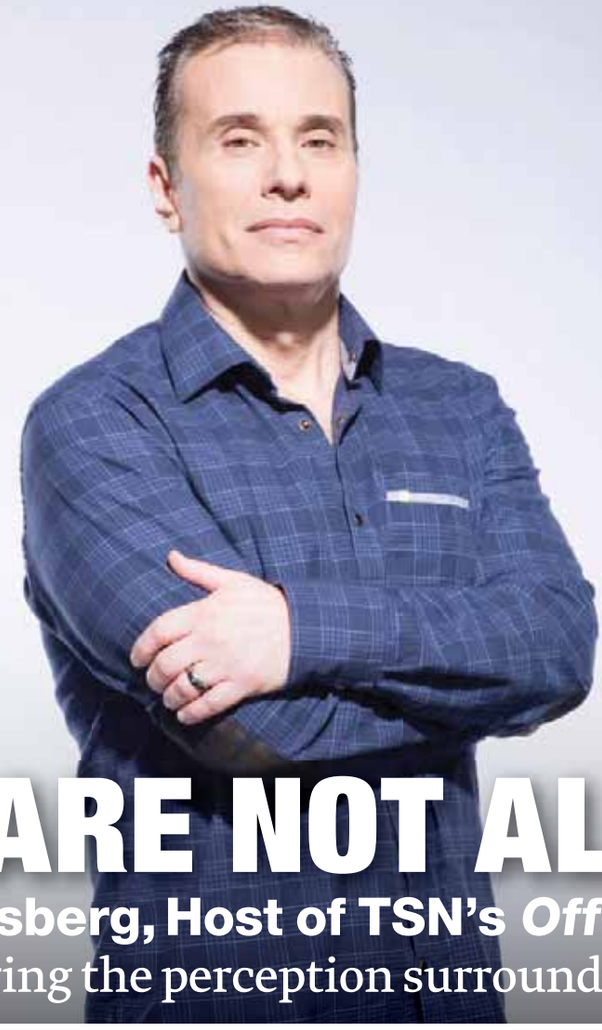

PHOTO: TSN

YOU ARE NOT ALONE

Michael Landsberg, Host of TSN's *Off The Record*, advocates for changing the perception surrounding mental illness.

- 70% OF ADULTS living with mental illnesses say the onset occured before the age of 18.
- 40% OF PARENTS say that they would not admit to anyone that they had a child with mental health problems and mental illnesses.
- 60% OF KIDS with mental health problems report being stigmatized.

Be brave. Reach out. Speak up.
Join the MHCC's Youth Anti-Stigma Campaign

Mental Health Commission of Canada
Commission de la santé mentale du Canada

headstrong@mentalhealthcommission.ca
www.mentalhealthcommission.ca

UNDERSTANDING THE IMPACT
Mental health has an influence on our self-confidence, work, and relationships.

While a lot has been done to make the stigma surrounding mental illness disappear, **those who are suffering still do not have full self-expression.**

Beyond breaking the stigma

Would it shock you to learn that one in five Canadians lives with a mental health problem or mental illness? That equates to seven million of our loved ones, neighbours, friends, and colleagues.

What's even more troubling is that many people are prevented from getting the help they need because of the stigmatizing attitudes and behaviours that persist around mental illness, but the good news is that we can beat stigma.

At the Mental Health Commission of Canada (MHCC), our research tells us that by targeting four key groups, we can have widespread impact. By engaging youth, the media, healthcare providers, and workplaces, we can have a tremendously positive influence that reaches far beyond those specific constituencies.

Let's consider the workplace. Every day, more than 500,000 Canadians miss work due to mental health reasons. If employers continue to ignore this reality, there will be a steep price to pay — both for companies and for our economy as a whole.

In fact, some 30 percent of short- and long-term disability claims in Canada are attributed to mental health problems and mental illnesses. This comes with an annual price tag of more than $50 billion.

Taking action

Continuing to run up the tab isn't an option. That's why Canadian workplaces are committed to supporting people who are experiencing psychological problems on the job. To that end, the MHCC has led the development of a voluntary *National Standard for Psychological Health and Safety in the Workplace* (the Standard).

The first of its kind in the world, the Standard offers guidelines that enable Canadian employers to create, and continuously improve, psychologically healthy work environments. Many Canadian employers have already implemented the Standard, improving the mental health of their employees through illness prevention and anti-stigma initiatives. These steps are being taken across sectors — from telecommunications and finance to education and police services.

While these efforts are crucial, so too is reaching young Canadians before they enter the workplace, nurturing healthy habits, and encouraging dialogue long before kids get their first job.

More than two-thirds of adults with a mental health problem report that their symptoms first started in their youth. Troublingly, fewer than 20 percent of children and youth are receiving appropriate treatment, and 40 percent of parents admit they would not be forthcoming to anyone about their child's mental health problem. Yet, early intervention can promote recovery, improve health outcomes, and help mitigate some of the challenges specific to young people with mental health issues. Clearly more needs to be done to reach this vulnerable population - now.

Creating mentally healthy schools, workplaces, and communities — places where individuals feel valued, supported, and welcome — requires of each of us to put ending stigma at the top of our agenda.

Reading this supplement is a great first step.

SOURCE: MENTAL HEALTH COMMISSION OF CANADA

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INSIGHT

THE COST OF DOING NOTHING: MENTAL HEALTH IN THE WORKPLACE

What many employers don't realize is that investing in employee mental health is a good business decision. Not only does it affect productivity of the company, but it also has legal implications.

After many years of trying to make the economic case for workplace mental health on the strength of what mental illness and mental injury is costing organizations, we have reached a pivotal point where doing nothing impedes business success. It appears that the inertia stems from conflicting business principles and the value organizations put on people.

Protecting the psychological health and safety of employees is now becoming a reality, largely due to high profile challenges and litigation cases being won through the Charter, Labour laws, as well as Worker Compensation and OH&S regimes. While these have drawn attention for action, the fact still remains that creating formal workplace mental health strategies makes good business sense. It will lead to a host of critical business outcomes and a broader level of economic and social wealth. Here's why:

Workplace issues

- Seven out of ten adults affected by a mental health condition are in the workplace.
- Mental health issues are the leading cause of workforce disability.
- Job performance is seven times worse compared to employees without a condition.
- On-the-job injuries are 40 percent more for employees with mental health and addiction problems.
- Stress-related issues represent 40 percent of employee turnover costs.

Emerging issues

- **Mental injury** The courts and tribunals have rendered decisions related to negligent and chronic stress caused by excessive work demands and the conditions in which work affects an employee's ability to function in their job or at home.
- **Legal issues** Employers are now being faced with mounting legal pressures to ensure psychological health and safety in the workplace.
- **Workers compensation** Current challenges through the Charter are showing signs to include chronic job stress as a job injury. Also, any shift will require careful consideration of its impact on Workers Compensation costs.

Joseph Ricciuti
PRESIDENT AND CEO, MENTAL HEALTH INTERNATIONAL

> "Mental health issues are the leading cause of workforce disability."

- **Cognitive impairment** Depression is now being considered a cognitive disorder in addition to being a disturbance of mood. Cognitive function in depression compromises human capital value, especially in a brain-based economy.

The rewards of doing something

- Employers who set a strategic direction and invest in improving workplace mental health have shown to have higher returns on shareholder value, lower absenteeism, as well as improved employee retention and performance.
- Employers who view their drug and health benefit plan as an investment in employee mental health achieve better productivity and program savings in the long term.

The time to act is now. The tools exist to assist. *The National Standard of Canada on Psychological Health and Safety in the Workplace* is a tool to begin the process towards a healthier and more productive work environment. I encourage all business leaders to take action. It's simply a good business decision.

JOSEPH RICCIUTI
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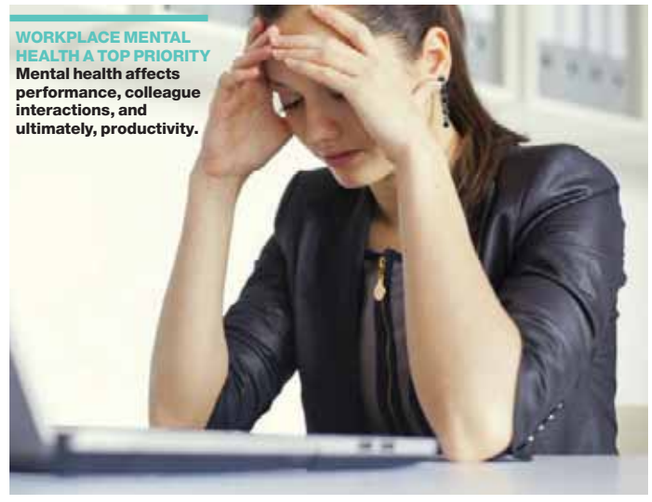

WORKPLACE MENTAL HEALTH A TOP PRIORITY
Mental health affects performance, colleague interactions, and ultimately, productivity.

Why mental health in the workplace matters

The Canadian economy loses $51 billion each year from mental illness.

Over 70 percent of benefits paid under short-term disability are related to mental health. Mental health is the elephant in the room, and it is time to eliminate its stigma in the workplace. Half a million Canadians miss work every day due to mental health issues. Mental illness is said to cost the Canadian economy $51 billion each year, so dealing with mental health can help increase workplace productivity and boost the bottom line.

Absenteeism and presenteeism

Mental health issues affect the workplace in two ways: absenteeism and presenteeism. 'Absenteeism' refers to missed days by workers, while 'presenteeism' is when workers report to the office, but their performance level is below expectation due to a lingering issue. Presenteeism costs businesses between $15 billion and $25 billion each year. It is no secret that a happy worker is a productive worker, so tackling underlying issues relating to productivity can increase overall wellness of the employee, and the bottom line of the company.

The biggest mental health problem in the workforce is depression. Sixteen percent of women and 11 percent of men will suffer from major depression in their lifetime. Other common mental ailments include bipolar disorder, anxiety disorders, and ADHD (attention deficit hyperactivity disorder). While every job has its stresses, if it is leading to other mental health issues, clearly there is a problem that needs to be addressed.

A big part of a supervisor's job is motivating staff — identifying and dealing with mental health is a great start. If you suspect an employee is suffering, don't ignore them — speak to them directly and mention your concerns. Reach out to them and offer the resources and support they need to stay productive. Most of all, be understanding.

SEAN COOPER
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DOES YOUR WORKPLACE ENVIRONMENT SUPPORT YOUR MENTAL HEALTH?

Many of us devote the majority of our waking hours to the workplace. Often, we spend more time with our colleagues than we do with our families. It is no surprise then, that our working environment has the potential to affect our mental health.

Workplaces can be emotionally healthy settings — protecting our mental wellbeing by giving us a source of income, a sense of accomplishment, intellectual stimulation, and regularly scheduled activities and social interactions. However, given the pivotal role jobs play in many of our lives, it is important to acknowledge when our workplaces are influencing our mental health in a negative way.

Looking at your workplace

It is no longer enough for organizations to protect only the physical health of their staff. Ask yourself a few simple questions in order to find out if your psychological health is being prioritized at work:

- Do you have influence over work and how it gets done?
- Do you have collegial relationships with co-workers and supervisors?
- Are interpersonal conflicts rare?
- Do you feel your contributions are adequately recognized?
- Do you have an appropriate work-life balance?
- Are there opportunities for job growth and development?
- Is the atmosphere generally respectful?

If you answered no to any of the above questions, your workplace may have some improvements to make around employee mental health. Thankfully, there are things you can do right now to affect positive change.

Talk to your manager or human resources department

One of the tools available to help companies make changes for the better is the *National Standard for Psychological Health and Safety in the Workplace* — a voluntary set of guidelines, tools, and resources focused on promoting employee mental health and preventing psychological harm due to workplace factors.

Be an agent of change

Improving a workplace environment requires courageous individuals to step up to the plate. Even seemingly small actions can have a big impact, so be there to support a colleague in need. Recognize your co-workers' accomplishments. Say thank you to those who help you out.

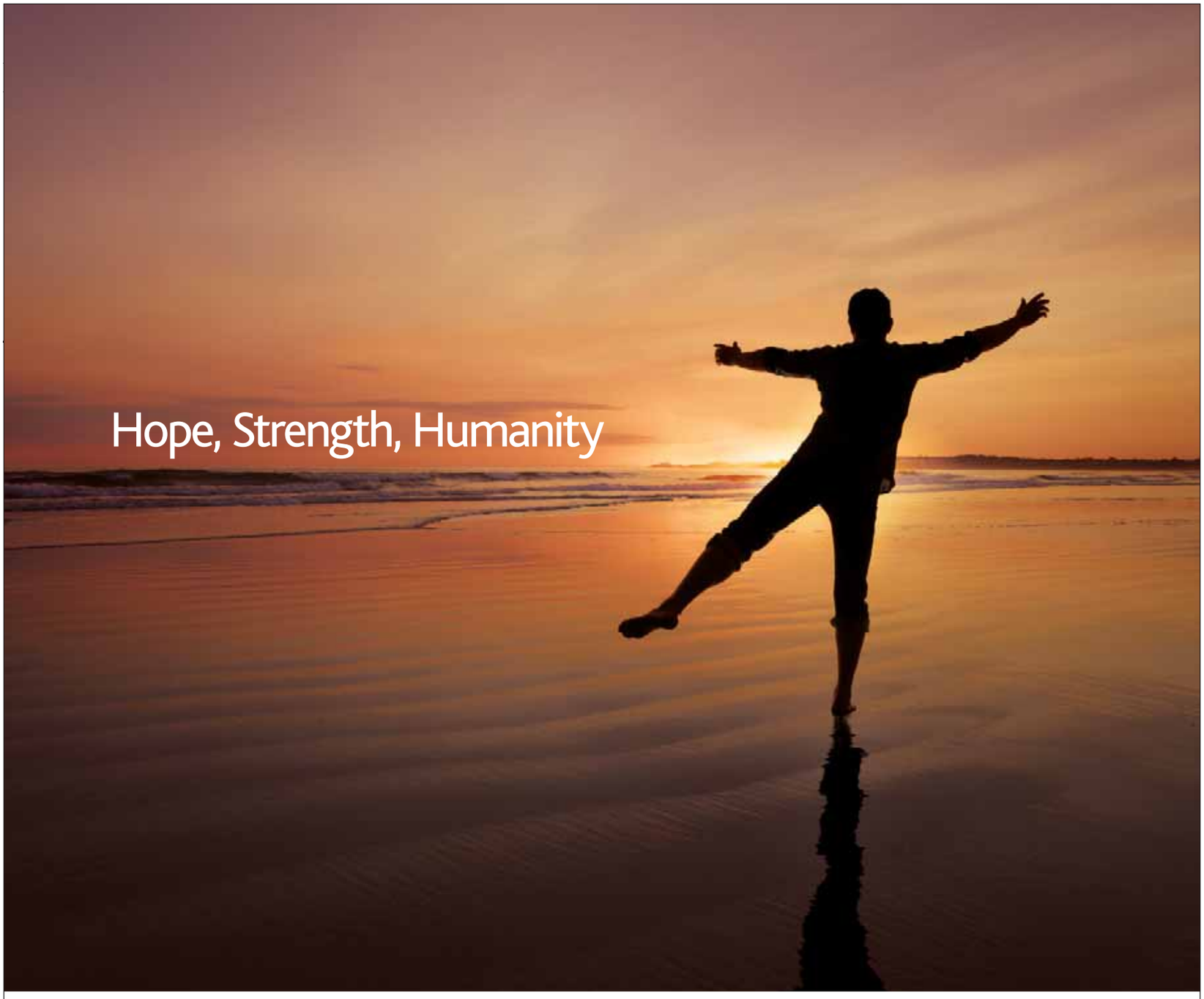
Take care of your own mental health

Recognize when you might be experiencing difficulties with your own mental health. Seek out resources and supports available in your community and at work. Your employer may offer a confidential Employee and Family Assistance Program (EFAP), which can be a great resource.

Keep in mind big changes happen one small step at a time.

SOURCE: MENTAL HEALTH COMMISSION OF CANADA
editorial@mediaplanet.com

BIG CHANGES HAPPEN ONE STEP AT A TIME
Simply finding a colleague that you connect with and can talk to is a step in the right direction.



At Lundbeck, our approach to innovation is shaped by our Danish origins, a centuries-old tradition of respecting every individual and taking care of one another in times of need. It's part of our culture, and it's something we know Canadians take to heart.

This focus on the individual has already helped us become specialists in CNS disorders, changing the lives of people all over Canada. And now we're applying that same passion and drive to oncology. Creating partnerships, working with healthcare professionals and putting patients first will always be important parts of everything that we do, and we will continue to lead the way as we branch out into oncology.

At Lundbeck, caring is our culture.

Lundbeck

BEST TIPS

10 Tips for parents

1. Don't assume you know what your child is going through before you've asked.

2. Find times when you can be physically and emotionally available to talk to your child.

3. General observations or gentle expressions of curiosity and concern can be a great way of starting a conversation.

4. If your child discloses a problem, avoid immediately moving to solutions.

5. Pay attention to your own emotions, and how you are being affected by what your child is telling you.

6. Ask how you can best help. Your child might want you to be very involved, or they might want you to take a back seat

7. When it comes time to work on finding solutions, make problem solving a collaborative effort.

8. Help connect them with resources.

9. Take care of yourself. As parents, we tend to give great advice, but can we take it?

10. Visit online resources together. One such resource is Kids Help Phone. Let your child know that they can always call and talk to a counsellor at Kids Help Phone 1-800-668-6868 or online at www.kidshelpphone.ca

VISIT MENTALHEALTHNEWS.CA TO GET MORE TIPS ON BEING THERE FOR YOUR CHILD

SOURCE: KIDS HELP PHONE

editorial@mediaplanet.com

NEW EXPERIENCES, NEW CHALLENGES

Louise Bradley
PRESIDENT AND CEO, MENTAL HEALTH COMMISSION OF CANADA

For many Canadian kids, heading back to school means the excitement of a fresh start. But for some, it is a time of high anxiety.

As schools open their doors, and we turn the page on a new academic year, it is time to put mental health on the curriculum. In Canada, 1.2 million children and youth are affected by a mental health problem or illness. Shockingly, less than 20 percent will get the help they need.

That needs to change — and quickly. Intervening early, and getting kids help sooner, means higher chances of recovery.

A unique set of challenges

Canada's youth face challenges uniquely their own — academic stress and pressures of social media chief among them. As a society, we share the responsibility for our children's mental wellness. As parents, teachers, health care providers, and community workers, our job is to offer kids a safe, supportive space for expression.

No shame, no stigma

There is no shame in having a mental health problem or mental illness. That is the message we need to be conveying each and every day.

Sixty percent of kids with mental illness report feeling stigmatized. If youth feel judged and marginalized, they are less likely to seek help.

Young people don't just need to be heard. They need to be listened to. We urge all adults who play an influential role in the life of a young person to open the door to dialogue. Start a conversation. But, above all, listen.

VISIT MENTALHEALTHNEWS.CA TO GET MORE TIPS ON SUPPORTING YOUTH

LOUSE BRADLEY

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FINDING HOPE THROUGH SUPPORT
It is up to the community and society to support kids during the difficult time of transition between grades and different levels of education.

BACK TO SCHOOL AND KEEPING WELL

This September over two million children and youth in Ontario headed back to school. It's a time of mixed emotions and no two students are going to feel the same.

JUDITH NYMAN
CO-ORDINATOR OF THE ONTARIO COALITION FOR CHILDREN AND YOUTH MENTAL HEALTH & DIRECTOR OF PROGRAM POLICY FOR OPSBA

There's the excitement at reconnecting with friends, anxiety about joining a new class, fear of not fitting in, apprehension about doing well in a more challenging level of study.

Some students may be worried about negative encounters with peers over the summer that continue to haunt them and might affect easing back into the school year. There are different anxiety-provoking issues when it involves starting in a new school and dealing with a whole new environment where just about everyone is a stranger — fellow students, teachers, school office staff, the principal.

Help is available

School staff are aware of this whirlwind of emotions and are on the look-out to see that students are adjusting and settling in. They also have their antennae up when they see students who are not coping, whose anxieties seem to be building rather than diminishing, and who are withdrawing into themselves.

There is increasing awareness in schools of the prevalence of issues that affect a student's mental wellness. Up to one in five children and youth suffer from a diagnosable mental disorder, and many more experience mental health difficulties that have an impact on their academic and social-emotional lives and their capacity to form and sustain healthy relationships. Given that 70 percent of the mental illness experienced by adults started before the age of 18, it is critical that schools, where children and youth spend a great deal of their time, are well supported and resourced to recognize and help address mental health issues at an early stage.

> "Up to one in five children and youth suffer from a diagnosable mental disorder and many more experience mental health difficulties that have an impact on their academic and social-emotional lives."

VISIT MENTALHEALTHNEWS.CA TO GET MORE TIPS ON SUPPORTING YOUTH

JUDITH NYMAN

editorial@mediaplanet.com

NEWS

MENTAL HEALTH RESOURCES AVAILABLE ON AND OFF CAMPUS

There is much excitement on college and university campuses these days. Classes have resumed, friendships renewed, and students are busy adjusting to a new reality. They may be living on their own for the first time, adjusting to life in residence, or trying to balance a part-time job and studies.

For many young people, the university or college experience is a time when they confront significant 'adult' decisions for the first time — and that is a good thing. They can use this opportunity to make impactful decisions that improve their mental health and well-being.

For example, eating healthy meals, exercising, and getting enough sleep can all benefit your mental health. So skip the poutine and opt for the salad. Go for a walk or hit the gym. Or get to bed early for once. All sounds easy, right? But we know that truthfully, it is not that simple.

No shame in seeking help

There are times when life can get heavy. For some people, further support beyond sleep, nutrition, and exercise is needed — and that is okay. There is no shame in seeking help. Everyone could use some support when the stressors of day-to-day life get overwhelming.

Most post-secondary institutions offer mental health resources right on campus. Getting to know your school's website can point you in the right direction for counselling services that are coordinated through either student affairs, student life, or health services depending on your campus.

SPEAKING UP, SPEAKING OUT
By speaking up and out more often, we solidify the message that there is no shame in seeking help.

Camille Quenneville
CEO, CANADIAN MENTAL HEALTH ASSOCIATION

Most colleges and universities in Ontario also encourage students with a disability (physical, learning, or mental health related) to register with their campus' disability services office. This can be useful because students can seek extra support when it comes to things like writing exams or handing in assignments. Take advantage of these resources, if necessary.

Sometimes it can be easier to seek help off-campus or even someplace more anonymous, like online or over the phone.

In many communities, you can also connect to a local distress centre. Simply search for them online. They are a free phone service that provide emotional and crisis support to adults of any age, often at any time of day or night.

There are also community mental health and addictions agencies you can access.

You are not alone

The bottom line is that students are not alone when times get tough during this transition period in their lives. Support is available both on and off campus. Learning to cope with mental health issues is a valuable skill young people can learn on the road of life.

Quick facts:

- Forty-nine percent of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem. Seeking support is okay. It is not a sign of weakness.
- Once depression is recognized, help can make a difference for 80 percent of people affected.

CAMILLE QUENNEVILLE
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TIPS FOR KIDS

10 Back to School Tips

Going back to school can be a big adjustment. You may be sad, angry, excited, or nervous about the challenges a new school year might bring.

1. Remember to relax
If you feel nervous about going back to school, do something that makes you feel good. Spend time with your friends, get outside, or find some quiet time to read.

2. Stay positive
If you are worried about tests and homework assignments, think about a time when you did well in school, or focus on a subject you are confident in. Remember that everyone makes mistakes, and that is a part of learning.

3. Set goals
Think about what you want to accomplish this year at school. Maybe you want to make a new friend, join a school club, or do well in a new subject.

4. Talk
Talking to someone about how you feel about going back to school can help. Think about the people in your life who help you believe in yourself, would any of them be up for a talk?

SOURCE: KIDS HELP PHONE

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INSPIRATION

BEING AWARE

MERRYL BEAR
Director, National Eating Disorder Information Centre

Body image and self-esteem

Do you or someone you know struggle with low self-esteem?

Are you preoccupied with food or exercise? Obsessed with being thinner, more toned or buff? These are only a few of the warning signs of an eating disorder.

- Excessive concern about weight, body shape, exercise and calories
- Guilt, shame, or secrecy about eating
- Strict avoidance of certain foods, particularly those considered fattening
- Fear of gaining weight
- Eating binges — feeling out of control and unable to stop eating
- Vomiting after eating/impulse to vomit to try and compensate for eating
- Using laxatives, diet pills, or diuretics to try and control body weight

Help is available

These behaviours can be indicative of an unhealthy preoccupation with food and weight and could lead to developing an eating disorder. Don't suffer in silence. Know that you are not alone.

MERRYL BEAR
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MICHAEL LANDSBERG: SICK, NOT WEAK

Michael Landsberg, host of TSN's *Off The Record*, talks about how to stay strong when dealing with a mental illness.

Mediaplanet What is your advice to people who may not be diagnosed with a mental illness, but feel there may be something wrong?

Michael Landsberg First off, from my experience, people who think they "may" have a problem, often do have a problem.

For me, it often comes down to answering one question: when you wake up in the morning, do you know with absolute certainty that you won't experience joy that day? To me, the inability to experience joy is a classic symptom of depression.

MP How can the people who are not suffering assist those who are?

ML Non-sufferers have to understand their limitations. Try not to make suggestions that you think will help, because they likely won't. If you haven't felt depression, you can't understand it.

Also, try to lessen the struggling person's feelings of guilt. This is so important because the cycle is, "I'm depressed, I'm ruining everyone else's life, and now I'm more depressed."

MP What is the goal behind the 'sick, not weak' initiative?

ML Have every person I can reach understand that a person with a mental illness is "sick, not weak." The perception has been and still is that somehow we bring on our own mental illness through weakness of character.

"I am sick, not weak." If we believe that, the stigma will fade.

MP What are the signs that someone you care about may be suffering from a mental illness?

ML First off, the most profound sign is when they respond "no" to your question "are you okay?" Dialogue is so crucial. The subject is so foreign to most people and carries such an awful stigma that we need to find a way to attack it, and the only way is with talk. But if there is denial, look at the things the person previously enjoyed and judge whether they are still enjoying them.

MP On twitter you mention a depression scale. When you're having those bad days, how do you get up, get through them, and make the impact that you do?

ML I survive because I have to survive. That is a fact of life for anyone who has a chronic illness. When I fall below a five on the 'sickter' scale, life becomes a struggle. It is as if someone just doubled the weight I was trying to lift. I try to use those days to share with others what the pain really feels like, because on good days, the torture of the bad is tough to remember.

MP What do you think is the biggest problem about the way we currently talk about mental illness?

ML First off, the name 'mental illness'. Is this not a physical illness of the brain? The word mental suggests that it is somehow different than all the other illnesses. Secondly, we need to stop whispering. When we share, we should share loud and clear and without shame. What we want to convey should sound something like this: "I'm sick. I need help. This is serious. Don't for a second think that I have brought this on myself. I didn't ask for it and I can't will it away. And if you make me feel like it's my fault — I will be really, really upset and angry."

VISIT MENTALHEALTHNEWS.CA TO GET MORE TIPS FROM MICHAEL LANDSBERG

editorial@mediaplanet.com

PHOTO: TSN

INSIGHT

Reduce the stigma, reduce the hurt

"Snap out of it," "pull yourself together," and "just cheer up" — these are words that most people with depression will have heard at some point in their lives, most often from well-meaning friends and relatives.

Dealing with the stigma attached to mental illness is tough, but a new conversation around depression and mental illness is finally taking place in Canada.

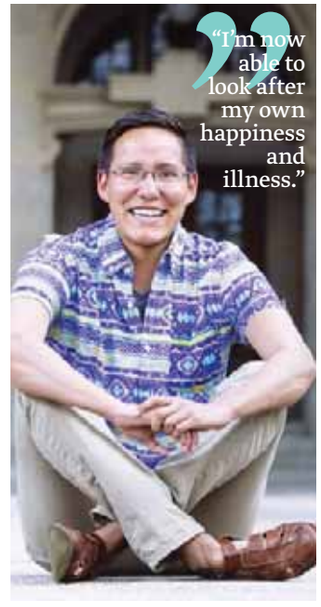
Depression is a difficult disease to understand for those who have never suffered from its effects. It is hard to understand the listlessness and shutting the world out — away from friends and society. The behaviour of those who suffer with depression can seem self-destructive. It is not surprising then, that so many will resort to urging loved ones to "snap out of it." Unfortunately, depression just doesn't work that way. While for some, depression can come on in an instant and for no apparent reason, it cannot be just willed away.

LINDSAY HILL
LAWYER, PIONEERING ADVOCATE FOR TTC DISTRESS LINES, AND ONE OF THE FACES OF MENTAL ILLNESS

Faces of mental illness

Lindsay Hill is a Toronto-based lawyer and is part of the 'Faces of Mental Illness' campaign by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH). Lindsay first experienced depression seven years ago as a completely unexpected event. "Life was fabulous, I had a fabulous family, good friends, a job that I adored, but in a very short period I went from completely functional to totally suicidal," says Lindsay. "I found myself standing on a subway platform, being absolutely compelled to jump, but I thought of my family and couldn't go through with it."

It was with her family's help that Lindsay eventually sought to treat her depression. Lindsay now helps educate others to reduce the stigma of mental illness. "The campaign has been brilliant," says Lindsay. "All sorts of people came up to me and told me what they were going through. The campaign really decreases the stigma; it is a great opportunity."



JACK SADDLEBACK
VICE-PRESIDENT OF STUDENT AFFAIRS AT THE UNIVERSITY OF SASKATCHEWAN, AND ONE OF THE FACES OF MENTAL ILLNESS

Seeking help is seeking strength

Another person who has taken the opportunity to speak out is Saskatonian Jack Saddleback. Jack, a transgender person who in younger years struggled to come to terms with his identity, has battled depression and now works with Faces of Mental Illness to heighten awareness.

"I'm now able to look after my own happiness and illness," says Jack. "It is something that affects all of us. If you seek help, you're seeking strength; you are not weak. I'm glad to help try to de-stigmatize mental illness. It has taken a while, but I think we're finally getting somewhere."

PATRICK BISSETT
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A CASE FOR EARLY INTERVENTION

My daughter is one of those children trying to cope. Three years ago, at age 11, she became severely withdrawn and appeared to be depressed. We tried to get help from our family physician, but even in Toronto, with a large amount of resources, we couldn't get an immediate diagnosis or treatment. We were advised that the waiting list for mental health services was a minimum of nine months.

As the days and months wore on, she was unable to go to school and got even sicker. While waiting for treatment, she eventually became suicidal and was finally admitted to a hospital to save her life. My daughter left the hospital after only eight days, but spent the next two years supported by mental health programs delivered by children's mental health centres at the community level and outside of the hospital setting.

There needs to be an equal focus on mental health as there is on physical health, and a significant improvement is needed in the mental health care system. This is especially true for children because we know that early intervention, diagnosis, and treatment lead to better outcomes later in life.

We were very lucky; our daughter recovered. She survived and went back to public school last year. Not every child does.

The facts:

- The onset of most mental health disorders that affect Ontarians occur before the age of 18. It's no surprise that 70 percent of adults with a mental illness report that their symptoms first emerged in childhood and adolescence.
- Some of the most common mental health problems affecting children include anxiety and depression, attention deficit hyperactivity disorder (ADHD) and eating disorders. Many youth with mental health challenges also experience conduct disorders.

Identifying the signs

Early intervention works with mental health just as it does with physical health. Just as you would treat a cold before it becomes pneumonia. Treat emerging behaviour or emotional problems before they become more complex and deep-seated.

All children and youth may experience brief problems with some or all of the symptoms of mental health issues, but when the problem starts to interfere with school, family, or everyday living, it may be time to seek help.

KIM MORAN
CEO, CANADIAN MENTAL HEALTH ASSOCIATION
editorial@mediaplanet.com

PREVENTION IS THE KEY
Most mental health disorders begin to develop before the age of 18.

INSIGHT

THERE IS NO ONE SOLUTION TO MENTAL ILLNESS AND ADDICTION, BUT ONE VALUE SYSTEM WILL HELP

Homelessness, mental illness, and addiction are complex and interwoven problems that have always affected our society. Recently, here in Canada, two important new related concepts have changed the way we address these issues: 'housing first' and 'community-based care'.

Many solutions from one value system

"There is no one solution that fits all people," says Terry McCullum, CEO of the recovery-based non-profit, LOFT Community Services. "But there is one value system that can fit all people. The belief in people's dignity and ability to live within the community is fundamental. Working to empower people to take charge of their own lives is fundamental. Those values are core, and with them you can then find solutions in different ways."

What this means is that getting a safe and affordable roof over the heads of the addicted and mentally ill is treated as priority number one, before treatment, counselling, or anything else. That roof, ideally, is not in an isolated environment like a hospital or a shelter, but is embedded directly in the community, where independence and positivity can act as healing factors.

Research by the Mental Health Commission of Canada (MHCC) has clearly shown that community integrated support prevents people from becoming homeless and empowers them to become healthy and independent, while stable housing acts as a catalyst to help people make other positive changes in their lives.

The economic argument for more community housing

Unfortunately, housing for those suffering from mental illness is limited and wait lists are long, so it is nearly impossible to currently meet the ideal of guaranteeing housing without precondition to all those in need. This is why McCullum insists that building more non-institutional community housing, whether entirely government-funded or as a public-private partnership, is one of the most immediate positive changes we can make for society.

> "The belief in people's dignity and ability to live within the community is fundamental."

These construction projects can be expensive, but consider that it costs upwards of $1,000 a day to keep someone as an inpatient at an institution, when many of those same people could, with proper support, be housed within the community at a cost of just $30 to $60 per day. Moral imperative aside, it is clear that economically, we simply cannot afford to leave those suffering from mental illness out in the cold.

D.F. MCCOURT
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"Even the person with the most severe addiction or alcohol disorder can embrace abstinence and recovery, and truly reclaim their life."
THE MENTAL ILLNESS
NO ONE TALKS ABOUT

The world had no colour. Tony was living on the streets, in jail, in the hospital, mired in alcoholism and drug abuse. He was 35 years old, and had never had a fixed address. That was Tony then.

This is Tony now.

He manages an office. At the beginning of the week, he comes to work and says TGIM – Thank God it's Monday. If you saw him today, you would never imagine the darkness of his past.

The difference is night and day; addiction and recovery.

Stigma and silence

No one talks about addiction as a mental disorder, but the irony is that it is everywhere.

Substance abuse disorder is the second most common mental illness in Canada, and yes, it is officially a mental illness. Of the 6.7 million Canadians with mental health issues, over two million have substance abuse disorder, according to the Mental Health Commission of Canada.

"Most Canadians don't realize that those mental health statistics include substance abuse disorders," says Dr. Patrick Smith, CEO of Renascent alcohol and drug addiction treatment centres.

"There is a propensity to decide it is someone else," says Smith, who was also co-chair of Canada's National Addiction Treatment Strategy. "It is the downtown eastside; it is the guy on the corner with the brown paper bag."

All walks of life

Drug and alcohol addiction doesn't go out and pick neighborhoods, he says. "Go into any room and ask people, 'Have you ever loved someone who struggled with a drug or alcohol addiction?' and the hands go up."

There are two types of clinical addiction: Type 1 you are born with, where your body over-metabolizes and does not send the negative cues to your body to stop. Type 2 is exposure related addiction, when you turn to drugs or alcohol in the face of grief or trauma, and you become addicted.

Recovery is possible

There are people living in recovery, working alongside us every single day, only we don't know it.

"What's amazing about addictions is that with abstinence-based treatment, even for those who have severe addictions, there is not just a slight improvement from the treatment," says Smith. "It is transformative. Even the person with the most severe addiction or alcohol disorder can embrace abstinence and recovery, and truly reclaim their life."

Like night and day. Like Tony.

KIMBERLEY FEHR
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WHEN MENTAL HEALTH AND SUBSTANCE ABUSE PROBLEMS COLLIDE

When mental health problems and substance abuse occur together, they are called concurrent disorders.

Concurrent disorders are a significant health issue in Canada — more than half of those seeking help for an addiction also have a mental illness. These individuals present some of the most complex and difficult-to-treat cases for our health care system.

Chicken vs. egg

The links between mental health and substance abuse issues are complex. They might develop independently as a result of common risk factors, or one might lead to the other. For example, a young person might use alcohol to cope with feelings of anxiety, or use drugs to cope with symptoms of Attention Deficit Hyperactivity Disorder (ADHD).

The most common mental illnesses seen in combination with substance abuse among youth are Conduct Disorder (CD), Oppositional Defiant Disorder (ODD), clinical depression, and Post-Traumatic Stress Disorder (PTSD). Approximately 25–50 percent of young people who abused drugs have been diagnosed with CD or ODD; 20–30 percent have been diagnosed with clinical depression, and 16 percent with PTSD.

What can be done?

The most effective and efficient way to address co-occurring mental health and substance abuse disorders is to stop them before they start. Increasing evidence suggests that concurrent disorders have a strong developmental trajectory with onset occurring during adolescence, which makes improving our capacity for early detection and intervention all the more imperative.

For instance, the most recent report in CCSA's Substance Abuse in Canada series outlines personality and environmental factors that indicate a young person could be at increased risk to develop a substance use disorder, as well as protective factors that can reduce the chance of the problem developing.

It is clear that awareness and proactivity of signs and symptoms can help a great deal in early intervention. This will help in gaining understanding as well as help those affected take the first steps to protecting their mental health.

SOURCE: CANADIAN CENTRE ON SUBSTANCE ABUSE
editorial@mediaplanet.com

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A breath of awareness

Idiopathic pulmonary fibrosis. Rose McGowan got involved in the fight against the deadly disease after her father passed away

IZABELA SZYDLO
life@metronews.ca

Actress Rose McGowan holds a photo of her and her father, who died of IPF. CONTRIBUTED

For the last 22 years, actress Rose McGowan has entertained us on the silver and small screens. But playing Tatum in Scream or Paige on Charmed wouldn't compare in difficulty to the role she played when her father was diagnosed with idiopathic pulmonary fibrosis (IPF).

"It was definitely my realest role," says McGowan of being her father's caretaker during his fight with the fatal lung disease, which causes scarring that makes it increasingly difficult to breathe. "Breathing is so fundamental. So to have it bring you closer to dying every time you do it is horrifying."

After her father's death five years ago, McGowan became involved with the Coalition for Pulmonary Fibrosis and Daughters of Pulmonary Fibrosis in the U.S. She recently teamed up with the Canadian Pulmonary Fibrosis Foundation (CPFF) for its IPF Awareness Month, which McGowan says is a feat in itself.

"When I became involved, there was hardly a website," she says. "So, to designate September as IPF Awareness Month is huge. I think people are asking what it is a lot more. There are so many causes people can pay attention to but this one is really important, especially since it is crossing age lines."

Though about 15,000 Canadians are diagnosed and 5,000 die of IPF every year, little is known about the disease, including its origins. And while it generally hits those who are 50 or older, in 2011, Helene Campbell, a 20-year-old Canadian, was diagnosed. Like many sufferers, Campbell, who appeared on Ellen after her organ-donor video went viral, was misdiagnosed with asthma. Other misdiagnoses include pneumonia or heart failure.

"It is common to be misdiagnosed because all the complaints sound like different things." Symptoms include blue lips, dry cough, difficulty getting a full breath and uneasiness. "I had never heard of it and neither had my dad; that's why it was such a shock. I went with him to the pulmonologist after he was misdiagnosed for about nine months and the doctor just shook his hand and said, 'I'm so sorry.'"

As part of its efforts, CPFF launched a social media campaign called Kiss IPF Goodbye. For every share of the organization's videos and/or use of the hashtag #KissIPFGoodbye on Facebook, Twitter or Instagram, pharmaceutical company Boehringer Ingelheim will donate $5 for research.

Aside from educating the public, McGowan spends time with IPF patients and their caretakers. Having watched her father go from a "bear of a man who hiked trails everyday, was super active and a vegetarian" to being unable to walk up one stair caused a lot of confusion and frustration, she says.

"It was horrible seeing him go through it and it's so awkward because I look back and there's all these things I should have asked and said," she says. "I would say to anyone who has a sick loved one, just talk. There are also support groups for both patients and caretakers because it's exhausting."

McGowan is realistic about her expectations for short-term IPF research and says she hopes to see a treatment developed to slow the progress of the disease.

"To help people live better lives while they are here is really my goal," she says. "It's one of those things where people are like, 'I want to lend my voice and support' but for me, it's like, 'I want to lend some reality.' This is real and it's scary and it hurts. I want that to stop."

DO YOU HAVE PANIC DISORDER?

Do you Experience Recurrent Attacks of:

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- **Shortness of breath?**
- **Sweating?**
- **Trembling?**
- **Thoughts of going crazy and losing control?**

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How dangerous is that sunspot?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we include articles about the science of beauty, including skin care. Here, freelancer Anne Mullens took a look at how to eliminate the cumulative effects of aging.

What kind of spot is it? Some dark or coloured spots — in medical terms, pigmented lesions or hyperpigmentation — are harmless. Others, however, can be disfiguring or deadly, particularly non-melanoma skin cancers (whether basal or squamous cell cancers), which strike 76,100 Canadians and kill 440 each year; and melanoma, which strikes some 6,000 Canadians and takes 1,000 lives each year. Before removing a spot, a dermatologist should assess it to discern benign spots from potential cancers.

"I have at least one patient a week come in for what they think is a cosmetic removal and it turns out to be cancer," says Dr. Mark Lupin, a dermatologist in Victoria.

And the wrong treatment "could delay a cancer diagnosis, with potentially disastrous results," cautions Dr. Jean-François Tremblay, a Montreal dermatologist.

Two types of harmless brown lesions are common for cosmetic removal. The first type is solar lentigines, a.k.a. "age spots," "sunspots" or "liver spots"; these are collections of cells containing higher than normal concentrations of melanin. They are flat; beige, brown or black; and up to about two centimetres in diameter. The second type is seborrheic keratoses, a.k.a. "brown warts" or "senile warts"; these are raised, usually brown (though sometimes white or black) and waxy, looking stuck on. Sometimes the two types can be combined in one spot.

What are the options for removal? Creams are one option. Many cosmetic companies offer "fade creams", which usually contain a bleaching agent, retinol, or botanical agents such as soy. They are intended to fade spots and lighten overall skin tone. They work for some people, but to varying degrees.

While some spots are harmless, others can be deadly. ISTOCK

Another option is liquid nitrogen, which can freeze off lentigines and keratosis, creating a shallow scab that eventually falls off. It's a doctor's office procedure that usually costs under $80.

There are also lasers, and IPS or BBL (two different terms for the same type of laser therapy). Cost for these options start at $175 for one spot. Talk to your doctor or dermatologist about what is best for you.

FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

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Exercise. Fitness boosts brainpower

Research is pointing firmly to sitting as the new smoking.

While most people know exercise can curb obesity, heart disease and even certain types of cancer, it also has immediate effects on brainpower. "Physical exercise turns our brain on," says John Ratey, a psychiatry professor at Harvard University.

Become a morning person
A trot to the office might just be what's needed to prevent that morning meeting sluggishness. In a study, researchers from Stanford University found that even a 10-minute walk stimulates creativity inside the brain.

Stay at the top of your game
Being active is vital to preventing the onset of cognitive decline that causes dementia and Alzheimer's.

Runner's high is real
There's the feel-good factor: Neurotransmitters serotonin (pleasure), noradrenaline (concentration) and dopamine (alertness) are released. **EDWARD THOMPSON, METRO IN NEW YORK**

Tonight's pork dinner deserves a little tenderloin and care

Health Solutions

Lean and tender; what else could you ask for?

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Loin is your secret password. It is and always will be the leanest cut of meat, despite your choice of animal.

Beef tenderloin, lamb loin, or pork tenderloin always come from beneath the ribs next to the backbone where fat rarely accumulates. Since it is an underused muscle it always stays tender.

Here are some tips for cooking it:

• Use a meat thermometer and don't cook past 140 F (even the pork!). It may still be a little pink.

• Season the loin well and roast at a high temperature (425 F) for a quick weeknight meal.

• It goes well with Asian flavours, Indian spices, or Mediterranean or Caribbean seasonings.

• Serve loin with something sweet like chutney or fruit compote.

• Bake a couple extra and use throughout the week. They're great in sandwiches, salads and stir frys.

• Some wrap it in bacon to add flavour and keep the meat extra moist.

Always allow tenderloin to rest before slicing. Five to eight minutes tented with foil should do it. The juices can run out if it's cut while still too hot and your meat may end up stringy. And no one but Tarzan wants string on their loin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves six. THERESA ALBERT

Spiced Pork Tenderloin.

Welcome autumn with this rustic dish that can be made on the grill or in the oven

THERESA ALBERT
myfriendinfood.com

With sweet spices like clove, combined with savoury spices like garlic and thyme, this tenderloin is flavourful but lean. It goes very will with fresh peaches, pears or apples on a simple salad for a low-carb or paleo dinner.

1. In a bowl combine all ingredients and add pork, turning to coat. Marinate in large freezer bag in fridge up to 24 hours or on counter for 10.

2. Place pork on greased grill over medium high heat and close lid. Cook 6 minutes, turn, cook 6 more minutes and turn again. Cook with lid down, except when turning. Alternatively, it can be cooked in oven at 450 F for 30-40 minutes until internal temp reaches 160 F.

3. Let stand for 5 minutes before cutting.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 2 tsp grapeseed oil
- 4 cloves garlic, minced
- 2 tbsp fresh thyme, chopped (or 1 tbsp dried)
- 1 tbsp paprika
- 2 tsp ground clove
- 1 tsp ground cumin
- 2 tsp pepper
- 1/2 tsp salt
- 2 pork tenderloin (12-16 oz each)

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CULTURE DAYS

Setting the stage

Culture Days celebrates its fifth anniversary this weekend in the GTA

Several lucky members of the public will have a chance to pick up a baton and conduct the Toronto Symphony Orchestra Friday at Roy Thomson Hall during Conduct Us, the national kickoff for Culture Days. PHOTOS COURTESY OF THE TSO

Have you ever imagined yourself to be the conductor of an orchestra?

Culture Days provides the opportunity to do just that at Conduct Us during the national kickoff for Culture Days, an exciting event on Friday at Roy Thomson Hall. Several lucky members of the public will have a chance to pick up a baton and conduct the Toronto Symphony Orchestra for a few minutes each alongside renowned conductor and TSO music director Peter Oundjian.

"We are delighted to partner with Culture Days and share our passion for orchestral music with all Torontonians," Oundjian says.

Those who are interested in a chance to conduct are encouraged to beat the rush and arrive between 10 and 11 a.m. to register for the draw. While there, take part in several exciting pre-show activities at Roy Thomson Hall, including an interactive DJ workshop presented by UforChange, dance workshops by Canada's Ballet Jörgen, and the opportunity to play a variety of musical instruments at Long & McQuade's instrument petting zoo.

celebrating 5 years and over 5.5 million people's love affair with culture

culturedays
CREATE, PARTICIPATE & CELEBRATE
September 26, 27 & 28, 2014

Conduct Us captures the spirit of Culture Days' fifth anniversary and is a perfect example of the kind of fun, free, interactive activities happening all weekend long. Culture Days provides Canadians with opportunities to participate and appreciate all forms of arts and culture, from song and dance to pottery and poetry.

Every year during Culture Days, thousands of arts and cultural groups take part in this annual national event by opening the doors to their studios, backstages, workshops and rehearsals while inviting the public to take part in hands-on creative activities. More than 5.5 million Canadians have participated in 25,000 Culture Days activities hosted by 4,440 Canadian artists, cultural organizations and groups since 2010.

This weekend, there are more than 500 free Culture Days activities taking place in the Greater Toronto Area alone. For more information, visit on.culturedays.ca.

GTA HOSTING THREE MORE EVENTS

Can't make it down to Roy Thomson Hall to conduct? As the special fifth anniversary celebrations continue, more than a dozen Conduct Us activities are taking place across the province, with three more happening this weekend in the GTA. Along with Roy Thomson Hall, Conduct Us events will be held with the Oakville Symphony (Saturday from 1:10-2 p.m.), Milton Philharmonic (Saturday from 12:15-1:15 p.m.), and Significant Music®™/New Horizons Band in Pickering (Sunday from 1:30-3:30 p.m.). For more information, please visit on.culturedays.ca/en/conduct-us.

You're invited to conduct us!

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Experience this once in a lifetime opportunity – come down for your chance to conduct the full **TORONTO SYMPHONY ORCHESTRA! Friday, September 26, Noon** | Roy Thomson Hall

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CONDUCT US is the brainchild of Improv Everywhere, a New York City-based collective that causes scenes of chaos and joy in public places. Created in August of 2001 by Charlie Todd, Improv Everywhere has executed over 100 missions involving tens of thousands of participants.

Your Culture Day highlights

More than 500 activities taking place across the GTA

TORONTO

LEARN TO SING AN ARABIC BELLY DANCE SONG

WHAT: Learn to sing a soulful Arabic song as Roula Said guides you through singing exercises and the pronunciation and meaning of the Arabic lyrics. No singing experience or knowledge of Arabic required.
WHO: Roula Said (vocalist, dancer, musician)
WHEN: Friday, Sept. 26, 6-7:30 p.m.
WHERE: 64 Henry St., Toronto

ETOBICOKE LAKESHORE: ABORIGINAL COMMUNITY CELEBRATION

WHAT: Fall into the rhythmic beat of the drum and watch the dancers display the beautiful, vibrant colours of their traditional regalia at Humber College's Aboriginal Powwow for Culture Days.
WHO: Humber College Aboriginal Resource Centre, The Assembly Hall, Toronto Arts & Culture Services
WHEN: Saturday, Sept. 27, noon to 3 p.m.
WHERE: 1 Colonel Samuel Smith Park Dr., Toronto

KEEPING YOU IN STITCHES

WHAT: Come for a relaxing afternoon of knitting and crocheting. Bring a project from home or try out a new fun pattern using extra supplies. All ages and skill levels are welcome.
WHO: Gibson House Museum
WHEN: Sunday, Sept. 28, 2-4 p.m.
WHERE: 5172 Yonge St., Toronto

YORK REGION

YORKSLAM INTRO TO WRITING AND PERFORMANCE

WHAT: Join YorkSLAM for a hands-on workshop to bring out your inner poet, covering the basics of writing in rhyme, finding your own voice, and creating innovations to your favourite song lyrics.
WHO: YorkSLAM Poetry Series
WHEN: Sunday, Sept. 28, 1-2 p.m.
WHERE: Richmond Hill Public Library, 1 Atkinson St., Richmond Hill

EXPERIENCE THE WORLD OF FILMMAKING AT L.A. STUDIOS

WHAT: Explore L.A. Studios and discover the film and television studio facility's pre-lit cyclorama, TV sets, props and custom set constructions.
WHO: L.A. Studios
WHEN: Saturday, Sept. 27, 1-3 p.m.
WHERE: L.A. Studios, 111 Zenway Blvd., Suite 27, Vaughan

DANDIYA RAAS — EXPERIENCE INDIAN CULTURE

WHAT: Celebrate Indian culture with the vibrant, ethnic costumes and traditional performances of Dandiya Raas, a traditional folk dance form of Gujarat, India.
WHO: Elspeth Women's Centre for Women
WHEN: Saturday, Sept. 27, 7-11 p.m.
WHERE: Cafetorium, Vellore Village Community Centre, 1 Villa Royale Ave., Woodbridge

Rooted in Africa and further developed in Brazil, capoeira fuses martial arts, rhythm, song and movement. Capoeira Angola Centre Ori will perform at the Toronto Reference Library Friday from 7-7:30 p.m. as part of Culture Days @ the Library. JACKLYN ATLAS PHOTO

Humber College's Aboriginal Powwow for Culture Days will be held Saturday. SUSAN NAGY PHOTO

HALTON REGION

TABLA WORKSHOP WITH JAYANTI SINGH

WHAT: Learn about Indian music by listening to a tabla (Indian drum) demonstration by teacher Jayanti and her most talented students.
WHO: Arts Milton
WHEN: Saturday, Sept. 27, 3:45-4:15 p.m., 4:15-4:45 p.m.
WHERE: MinMaxx Hall, Milton Centre for the Arts, 1010 Main St. E., Milton

BURLINGTON CULTURE DAYS KICKOFF

WHAT: Civic Square in Burlington will be filled with live demos and performances Friday afternoon and evening. City officials will proclaim Culture Days and introduce the first Burlington Culture video at 7:30 p.m.
WHO: City of Burlington
WHEN: Friday, Sept. 26, noon to 9 p.m.
WHERE: 426 Brant St., Burlington

Experience Indian culture with Dandiya Raas. VAUGHAN RECREATION AND CULTURE DEPARTMENT – D. DIBENEDETTO PHOTO

QUEEN ELIZABETH PARK CCC — OAKVILLE HUB

WHAT: Learn to quilt, throw a clay pot, try printmaking, draw a cartoon, watch a Ballet Creole demo and so much more. Enjoy more than 30 activities taking place at the Oakville Culture Days hub.
WHEN: Saturday, Sept. 27, 11 a.m. to 6 p.m.
WHERE: Queen Elizabeth Park Community and Cultural Centre, 2302 Bridge Rd., Oakville

PEEL REGION

HIP-HOP DANCE LESSONS ALL AGES

WHAT: Participate in a hip-hop dance workshop and learn about the history of hip-hop dance and other street dance styles.
WHO: Jade's Hip Hop Academy
WHEN: Saturday, Sept. 27, 1:30-4 p.m.
WHERE: 12 Bram Court, Unit 4 & 5, Brampton

ARTS FAIR @ CENTRAL LIBRARY

WHAT: Enjoy hands-on activities and meet featured artists Steve Czajka (calligrapher), Jason Loo (comic book creator), Mississauga Quilters Guild, Mississauga Writers' Group, Aloha Yvetta (mandalas), Anne McTaggart (handmade books), and Harsh Thakker (Sanskrit).
WHO: Central Library and associated artists
WHEN: Saturday, Sept. 27, 9 a.m. to 5 p.m.
WHERE: 301 Burnhamthorpe Rd. W., Mississauga

FOR MORE, PLEASE SEE NEXT PAGE

#culturedays

I ♥ CULTURE

CONTINUED FROM PREVIOUS PAGE

DURHAM REGION

WORDS OF THE SEASON WITH WRITERS' COMMUNITY OF DURHAM REGION

WHAT: Celebrate local writers and musicians as they perform original works of poetry, prose and song, including amusing host Bill Humber and performances by Ruth Walker, Ingrid Ruthig, Tom Taylor, Heather Whaley and many more.
WHO: The Writers' Community of Durham Region
WHEN: Friday, Sept. 26, 6:30-11 p.m.
WHERE: 1294 Kingston Rd., Pickering

BLACKSMITHING

WHAT: Watch a demonstration of blacksmithing techniques and have the chance to make a small item to take home with you.
WHO: Tyrone Mills Limited
WHEN: Saturday, Sept. 27, 11 a.m. to 5 p.m.
WHERE: 2656 Concession #7, Bowmanville

THE UKRAINIAN EXPERIENCE

WHAT: Experience being Ukrainian for a day as you make delicious perogies, decorate a Ukranian egg, create an embroidered bookmark, and dance with the Lviv Dancers. Fun for the whole family.
WHO: Ukrainian Heritage Centre
WHEN: Sunday, Sept. 28, 10 a.m. to 4 p.m.
WHERE: Ukrainian Heritage Centre Lviv Hall, 38 Lviv Blvd., Oshawa

#culturedays

Watch simple blacksmithing techniques Saturday. S. REINIER DESMIT PHOTO

CULTURE DAYS @ THE LIBRARY

There are more than 50 free activities at 45 Toronto Public Library branches across the city during the Culture Days weekend. Here are a couple of the activities on offer at the library:

KARAGOZ, TURKISH SHADOW PLAY
WHO: Ankara Library of Toronto
WHEN: Saturday, Sept. 27, 10 a.m. to noon.
WHERE: Albert Campbell Library, 496 Birchmount Rd., Toronto

NUNO FELTING
WHO: Nuriye Kilinc
WHEN: Saturday, Sept. 27, 10 a.m. to noon.
WHERE: Agincourt Library, 155 Bonis Ave., Toronto

For more Culture Days @ the Library activities, visit on.culturedays.ca/en/culture-days-the-library.

I ♥ CULTURE

An eclectic mix of urban excitement and rural charm awaits you in Durham Region in the eastern part of Central Counties just a short drive from Toronto. And now is a great time for a getaway to taste the season's bounty and enjoy Culture Days, September 26 to 28, and special events as Durham celebrates its 40th anniversary.

Meet the apple grower and wine maker at Archibald's Orchard & Estate Winery and enjoy a cup of hot cider and caramel apple dumpling.

Eat a slice of the past at a classic diner where they've served up the General Motors special for 50 years. Follow a Country Path and meet a pumpkin farmer, organic beef farmer, country herbalist, and cider maker.

Start your road trip at **CentralCounties.ca** and choose the itinerary that is best for you. Oh, you may want to bring your bikes and hiking boots to work up an appetite on some of our 350 kilometres of trails.

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Yours to discover

The Bloor Hot Docs Cinema will host screenings during Culture Days. JOSEPH MICHAEL HOWARTH PHOTO

The Bloor St. Culture Corridor: Where culture comes to life

Hear Tafelmusik at the Gardiner Museum. Learn about daily life in medieval Cairo at the ROM. Watch some French cartoons at the Alliance Française de Toronto.

These are just a few of the activities that the Bloor St. Culture Corridor has in store for this year's Culture Days.

Launched last April, Toronto's newest cultural district, comprising of 13 of the city's finest arts and cultural organizations, is located along a 1.6-kilometre (one-mile) stretch between Bathurst and Bay streets.

Here are some Bloor St. Culture Corridor highlights during the Culture Days weekend:

BATA SHOE MUSEUM

WHAT: Get up close and personal with the Bata Shoe Museum's exciting hands-on collection as docents showcase some of the most unique pieces in the museum lobby each afternoon of Culture Days.
WHO: Bata Shoe Museum
WHEN: Friday, Sept. 26, through Sunday, Sept. 28, 2-3 p.m.
WHERE: 327 Bloor St. W., Toronto

REEL ASIAN SCREENING AT HOT DOCS CINEMA

WHAT: Join the Reel Asian Film Festival for a screening of I AM: SMTOWN LIVE WORLD TOUR, which follows the lives of SMTOWN K-POP artists. Event includes an audience Q&A and prizes.
WHO: Bloor Hot Docs Cinema
WHEN: Sunday, Sept. 28, 3:30-5:45 p.m.
WHERE: 506 Bloor St. W., Toronto

JAPAN FOUNDATION TOURS

WHAT: Enjoy free guided tours of Japanese Design Today 100, featuring 100 of the finest examples of Japanese design from the 1950s to the 1990s that have significantly influenced contemporary design.
WHO: The Japan Foundation, Toronto
WHEN: Saturday, Sept. 27, and Sunday, Sept. 28, 1-1:30 p.m., 3:30-4 p.m.
WHERE: 131 Bloor St. W., Suite 213, Toronto

For a list of all Culture Days activities, please visit on.culturedays.ca.

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BRAMPTON ♥ CULTURE

THREE DAYS OF FREE, INTERACTIVE EVENTS ACROSS BRAMPTON CELEBRATING OUR LOCAL CULTURE

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Visit **www.tourismbrampton.ca** or **www.culturedays.ca** to view a list of events and create your own celebration schedule.

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A retail business that's on the run

Movin' on up. Titika Active Wear provides stylish apparel that's built for both squat reps and social hour

TAKARA SMALL
Metro News in Toronto
@takarasmall

The days when wearing elastic-waist pants outside the gym was considered a faux-pas are officially over.

Now, activewear — or what some might call yoga chic — is here to stay. Designer Eileen Zhang is capitalizing on that state of affairs by providing high-end apparel to Canadian women who are both fashionable and fitness-minded.

"No one was really producing fashionable, cutting-edge active wear garments," says the 38-year-old founder of Titika Active Wear. "And if you could find the few designer activewear collaboration pieces, you had to pay a high price for it," she explains.

Titika Active Wear can be purchased at one of the store's seven retail locations or online at titika.ca. CONTRIBUTED

"We sought out to fill that gap between functional garments and high-fashion apparel with form-fitting pieces that would contour and flatter the woman's body. We wanted to do something different and interesting."

Zhang points to a large array of clothing that's suited not just for the treadmill but also for nightlife — with the added benefits one would find in athletic wear.

She also explains that the Air Flow fabric used in some of the latest collection was designed to promote oxygen and blood flow and quick tissue recovery.

"We're all active at some point in our day, whether it's catching the subway, running errands or walking the dog," she says.

"You don't need to sacrifice function and comfort for style; you can have both."

"What separates us further," she says, "is that we fully own and operate our production facility. We don't outsource, and this provides us with 100-per-cent quality control over fabric inspection and production processes."

When deciding to open her first store in 2009, Zhang chose Toronto's Beaches neighbourhood — a short drive from her alma mater George Brown College.

"Toronto is where I had initially chose to study fashion and embark on my entrepreneurial adventure, so it was a natural starting point for Titika."

In recent years Zhang has managed to open several Titika Active Wear stores in Ontario, with plans to expand across Canada. It's a feat that she and her team are particularly proud of.

"I never imagined our brand growing to seven retail locations and an online store within its first five years."

Despite her recent success, Zhang says she's not going to sit back and watch as the company gains speed. She says that while she understands the market is crowded with big apparel players, such as Lululemon and Adidas, that just means she will have to work harder.

"Instead of focusing too much on what our competitors are doing, we're really concentrating on ourselves right now by staying true to who we are and our unique position in the marketplace," says Zhang.

"The fashion industry is constantly evolving and I can't wait to see where it takes us next. My goal is to continue to build a brand that Canadians will be proud of."

Movers and shakers

"We're all active at some point in our day, whether it's catching the subway, running errands or walking the dog."

Eileen Zhang
Creator of Titika Active Wear

Work on wheels

Go to metronews.ca/mom-and-pop-shops to see more of Titika Active Wear's fall collection.

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Why leaning in is not for Zosia Mamet

Girls gone happy.
The actress, musician and columnist talks about pursuing passion, and joins forces with Glamour to empower women to make a mark

LAKSHMI GANDHI
Metro in New York City

Perhaps best known for playing Shoshanna Shapiro on the HBO series Girls, Zosia Mamet has also appeared in Mad Men, United States of Tara and Parenthood. GETTY IMAGES

Zosia Mamet is living proof that even if you don't think you can get a job you're going for, you should still try.

Along with her three co-stars, Mamet burst onto the scene two years ago with the premiere of the hit HBO show Girls. But many fans may be surprised to learn that after auditioning, Mamet was convinced that she would never get the role of Shoshanna.

"I was very ill. I had pneumonia," the 26-year-old Mamet recalls of the tape she sent in to the show's casting director. "I had no makeup on and I made it in a barn in upstate New York. I did one take because I was so sick, so I thought my chances were slim, but I was wonderfully surprised."

We recently caught up with Mamet to get her personal definition of success and to find out why she says she's not going to lean in.

How do you define a woman who is making her mark?
I think it's anybody who is contributing in a strong way to the world, or to their community or to their profession or their creative endeavour. There are many, many vast ways to make your mark. That's what (the Skyla Make Your Mark contest is trying to do): To inspire and engender amongst women the idea that you can make your mark in so many ways. And you should feel good about whatever way that is.

You once wrote a Glamour column about the Lean In movement and how that's not for you. Can you talk more about that?
I rewatched Baby Boom, that Nancy Meyers movie. I've been a fan of the film since I was a wee tot, but I hadn't watched it in a few years as being sort of as an older human. And seeing this character who chose something other than the path that everyone thought she should choose, and how it actually ended up making her happier than she was.

I feel like often women are knocked for making choices that make them happier because they are not necessarily grand choices, and I think that is how feminism has become bastardized.

I felt very much in the same that you are making your mark as a woman no matter what you do — whether you are a CEO or a mother. But it's just the specific way that you're doing it, and if you're doing it with passion and confidence, then that's the most important.

I also heard that once when you were a little kid, you heard a bunch of grown-ups talk about work and you became really sad about that.
I used to sneak into my parents' dinner parties and there was this common theme where people would start bitching near the end of the dinner party because they had to go home because they had to get up for work.

They would bitch about work and how they hated their jobs, and I didn't understand as a kid.

You're given this blank slate; why would you choose to do something that makes you unhappy? If you want to be a painter, be a painter. If you want to be a doctor, go be a doctor, you know?

And of course being an adult now I realize that sometimes there are things that keep you from your passion. I was just so saddened by it. To me, you should do something you love and are passionate about.

Making her own mark

It's been a busy couple of months for Mamet.

- In addition to working on Girls and her next album, she's also been writing a regular column for Glamour magazine.
- Mamet and the magazine recently teamed up with Bayer HealthCare to launch the Skyla Make Your Mark contest, which seeks to promote young women from all walks of life who are making an impact in their fields.

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MBA GUIDE

MBA can provide a strategic approach

Fernando Garcia NICK KOZAK/FOR METRO

Fernando Garcia spent four sleep-deprived years earning his MBA, while working top jobs as general counsel for Navistar and then for Nissan. He already had three degrees under his belt, but believed an MBA would give him an added edge around the boardroom table.

"I wanted to bring a more strategic and business-minded approach to my legal practice," Garcia says. He was 34 and a father to three-year-old twins when he enrolled in the part-time MBA program at Wilfrid Laurier University.

"The time was right to do this," he says. "If I waited much longer, I figured my kids would notice my absence more as they got older."

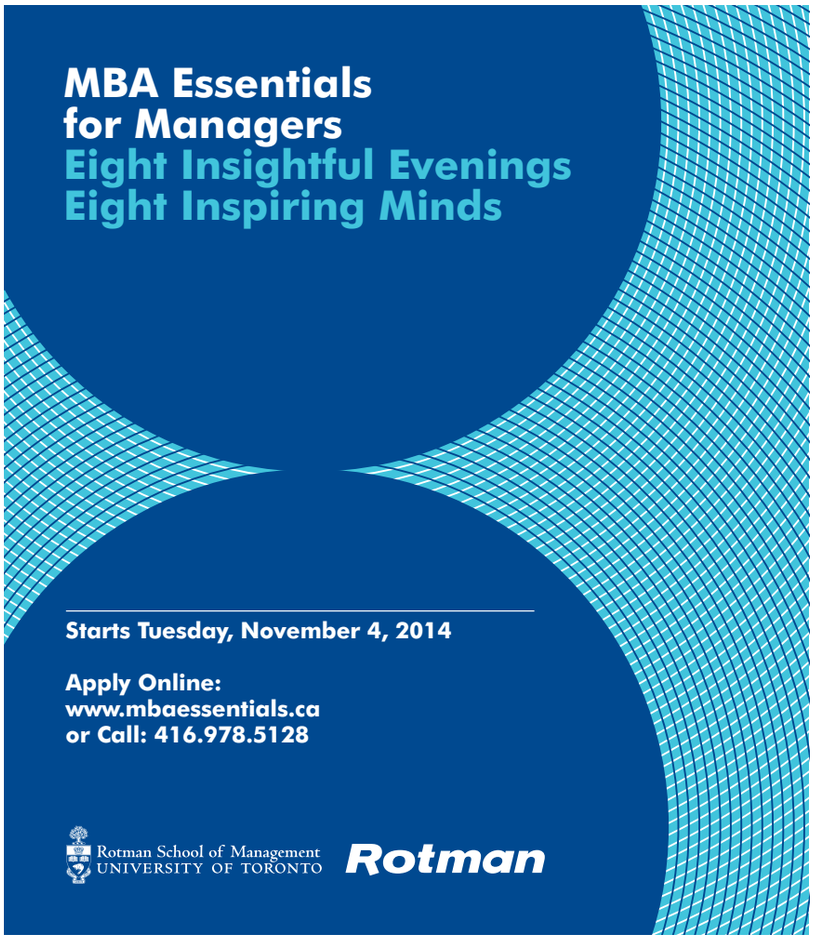
Garcia completed the program in April. He estimates his school workload required as much as 20 additional hours a week, on top of his full-time job.

"As a lawyer, you are often brought in when the fire is raging; I wanted to be involved in issues before the fire even got started," Garcia says of his desire to further round out his education. "An MBA allows you to understand things at a business level so that, when you are giving legal advice, you understand how it will be applied in day-to-day business. It gives you that extra element of credibility."

Garcia had difficulty adjusting to school life in Canada when he emigrated from Paraguay at the age of nine, but, years later, he managed to get into McMaster University, where he earned a BA in labour relations. Later, he earned a master's in industrial relations at the University of Toronto, and his law degree from McGill University.

"I see my education as a three-legged stool — one leg is the industrial relations or human element. Another is the legal expertise, and the last is the deep business understanding I've gained with getting an MBA. Every company needs these three components."

– Anne Bokma



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Rotman offers essentials of MBA program

The Rotman MBA essentials for managers program is designed for busy, mid- to senior-level managers looking to enhance their careers and business acumen, gain continuing professional development hours, network, and/or who are considering an MBA or executive MBA.

"The program simply gives graduates tools that they need to make better, more informed decisions, which, in turn, leads to increased workplace confidence," says Anita Barberio, program officer, executive MBA programs, Rotman School of Management, U of T. "What they learn in the classroom the previous evening, they can apply at work the following day."

Students of this certificate program partake in the cumulative knowledge and expertise of Rotman MBA faculty members in business subjects that include leadership, accounting, finance, negotiations, marketing, innovation, and integrative thinking, an effective problem-solving method employed by leaders.

They also learn from their peers through group work, discussions, and activities.

"Through this expansive information exchange, students become better leaders, decision-makers and managers," Barberio says.

Although it's a standalone professional development course it can also help those who are contemplating an MBA to decide by providing a taste or a preview of some of the fundamental learnings taught in Rotman's one-year executive MBA and Omnium global executive MBA programs.

Applications are being accepted for the next session, beginning Nov. 4.

For more, information visit mbaessentials.ca.

MBA specializes in global retail management

Industry is changing quickly and presents many opportunities

Will Target figure out the Canadian market? Will Lululemon be able to expand worldwide? These are just some of the business challenges that students are analyzing in the new MBA specialization in global retail management at York University's Schulich School of Business.

Ringing up $480 billion in sales in Canada and $13 trillion worldwide, the fast-changing global retail sector holds tremendous leadership opportunities for business graduates prepared to grapple with its unique challenges.

"Every year, the global retail industry becomes more complex, dynamic, and competitive. And Canada's retail industry needs our best, cutting-edge thinking," says Schulich marketing Prof. Robert Kozinets, head of the new specialization. "We designed Schulich's global retail management specialization to help students become retail managers who can meet the massive challenges and opportunities of retail today."

Global retail presents tremendous career opportunities for managers, as growing markets in developing nations and the rise of technological innovations continually open up potential new markets to savvy retailers.

Prof. Robert Kozinets

"Worldwide, the entire sector is in flux, as retailers from North America, Japan, and Western Europe expand and then fiercely compete in growing markets such as India, China, Brazil, and the Middle East," Kozinets says. "As well, technology is changing the picture. We continue to see major growth in online sales. We see more sophisticated uses of technology such as vending machines that can change prices depending on the temperature or time of day. We see cultural innovations, such as the export of Black Friday shopping hysteria to Canada. We see ubiquitous retail, so that even an airplane flight becomes a shopping mall experience. And everything is competing with everything else. Global retail may well be at a tipping point."

The new Schulich specialization captures and conveys these evolving insights by focusing on how retail analytics, brand insights, and supply chain innovations are applied to the ongoing challenges of retail strategy.

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Everyone Makes a Mark

DeGroote grad takes on big leadership role

Enbridge vice-president tasked with leading proposed Northern Gateway pipeline

Janet Holder often hears people say she has the toughest management job in Canada. She scoffs a bit at the notion, but she acknowledges that "it's a job a lot of people would not want to take."

Holder, as executive vice-president, western access for Enbridge Inc., has the monumental task of leading the proposed $7.9-billion Northern Gateway pipeline, one of Canada's most critical and contentious megaprojects.

It is like no leadership role of which she ever dreamed. Normally, when you are moving a project forward, you get power and control from the mere fact of your job title, she says. But not this time.

"I am having to win every single ounce of respect I can possibly get," says Holder, an MBA graduate (1983) of the DeGroote School of Business at McMaster University.

It's been a dramatic career change for this chemical engineer, whose previous public roles consisted mainly of explaining technical and operational issues.

"I ran businesses, which meant I was not geared to the political or social arenas," she says. "My life is now front and centre with the public, playing a role that has never been done in this industry."

But Holder has always had an ingrained desire to expand her skills as a manager. When she came to DeGroote in the early 1980s, she already had a degree in engineering but realized she wanted a broader management expertise.

She has learned how to keep even-tempered, even in the face of emotional confrontations. Such perspective may come more readily to someone, like Holder, who is a cancer survivor.

It helps, she says, that the team shares her passion for the project and the work.

"That passion helps me get elevated and motivated. It is not me but a whole team of people and I can't let them down."

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"The Laurier MBA gave me the skill set and the confidence to take on a management role in a whole new industry."
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Laurier improves MBA programs

Two streams updated to meet students' needs

Change is good, and changes to the Laurier MBA program are great news for its students looking to pursue an MBA.

Laurier has traditionally offered the MBA with both the accounting designation (the CMA) and the financial designation (the CFA), but Laurier is excited to offer students two new and improved offerings at its downtown Toronto campus.

The MBA CMA is going to be the MBA CPA, reflecting the new Canada-wide accounting designation that encompasses CMAs, CAs, and CGAs, so there is only one accounting designation in the country.

"Students will not only be getting the broader integrated curriculum of an MBA, they will be acquiring the necessary technical competencies required of the CPA — financial and managerial accounting, tax, and auditing," says Dr. Hugh Munro, director of the MBA programs at Laurier.

"This provides a great combination of managerial and technical competencies that will position graduates well for careers in both the public and private sectors."

The Laurier MBA with the CFA track is also changing.

Students in this format will earn the MBA from Laurier, a master in finance from Laurier and not only be readied to successfully write and achieve their Level 1 and Level 2 CFA exams, but will be 80 per cent ready for Level 3 by the time they leave Laurier.

"Over the years, we observe strengths and weaknesses of our students in the CFA® examinations," says Dr. Tony Tang, associate professor, finance, and area co-ordinator for the CFA program at Laurier.

"We felt that it's time to make some changes accordingly to better fit the needs of our students to be even more successful in the CFA® exams."

For more about these programs or to view the calendar of events, visit lauriermba.ca.

INFO SESSIONS AND NEXT INTAKE

The next intake for this new combined MBA/CPA program will be April 2015, with a special information session on Oct. 16. A special session for the CFA program will be at the downtown Toronto MBA campus on Dec. 11, featuring a successful graduate of the CFA program at Laurier.

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TACKLING SOCIAL RESPONSIBILITY

RYERSON MBA GRAD OPENS RESTAURANT WITH DEAF SERVERS

CONTRIBUTED

Ryerson's MBA programs have a focus on entrepreneurship, social responsibility, and innovation.

Anjan Manikumar, one of Ryerson's recent MBA graduates, decided to combine these concepts in a social entrepreneurship venture to support an invisible minority in Toronto — the deaf community.

He recently opened a restaurant and bar called Signs, the first in Canada employing deaf people.

Because most of the servers are deaf, the customers are given American Sign Language (ASL) cheat sheets that show them how to communicate with their server, including introductory conversational phrases and how to sign items on the menu. Even though you may be shy about using ASL at first, you become more relaxed and proficient as you interact with your server.

At Signs restaurant, there are both deaf and hearing staff and they welcome both deaf and hearing guests.

With this concept, Signs is trying to introduce the deaf community and deaf culture to the world and, conversely, it is trying to integrate the deaf community into the business community.

The objective of Signs restaurant is to demonstrate that by innovative thinking, they can employ the deaf and still be a successful, profitable, and sustainable business.

"At Signs restaurant and bar, we have created a unique dining experience that brings the deaf and the hearing community together," Manikumar says. "We have developed our concept such that everyone can learn and use American Sign Language and interact with our deaf staff. Socially speaking, we have invented a method to bridge the gap between two different cultures that otherwise do not interact with each other."

"Schulich pulls together students and faculty from all over the world to grapple with business challenges and management responsibilities, generating remarkable insights and lessons. We're developing the analytical, problem-solving and decision-making skills necessary for the next generation of business leaders."
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Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#22 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (13th best non-US school); *Corporate Knights* (#1 in the world); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#21 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, *Corporate Knights,* The Aspen Institute and *Expansión*.

4 SPORTS

Goodell in 'difficult situation': Bettman

Commiserating with NFL commish. NHL boss says being under microscope part of job

NHL commissioner Gary Bettman chats with Don Cherry at a meeting for The Canadian Club of Toronto to launch the upcoming season on Monday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Gary Bettman understands the intense scrutiny NFL commissioner Roger Goodell is under.

Goodell has been harshly criticized for being too lenient or not acting quickly enough to punish Ray Rice, Adrian Peterson and other players involved in a rash of recent domestic violence incidents.

"I think he's working very hard in a difficult situation," Bettman, the NHL's longtime commissioner, said Monday.

Bettman said it's impossible to be too comfortable in a job like his or Goodell's because unpredictable things happen.

"Whenever that phone rings, and sometimes it does at two in the morning, you've got to respond and you've got to have your A-game otherwise you're liable to make a mistake, and when you make a mistake in this position, it gets magnified," Bettman said at a meeting for The Canadian Club of Toronto.

Arrested for punching his then-fiancée and now wife earlier this year, Rice was originally suspended for two games, but after a video surfaced on Sept. 8 showing the violent attack, he was released by the Baltimore Ravens and suspended indefinitely. Peterson has been indicted on child-abuse charges and deactivated by the Minnesota Vikings but has not been suspended.

Bettman said the NHL's security department and behavioural health counsellors have talked to players about the topic of domestic violence for more than a decade.

"Based on our experience to date, we believe that the appropriate procedures are in effect that we can do what we need to do on a case-by-case basis," he said.

The collective bargaining agreement includes procedures on how to handle off-ice incidents and gives the NHL power to suspend a player amid a criminal investigation if failing to do so would "create a substantial risk of material harm to the legitimate interests and/or reputation of the league." THE CANADIAN PRESS

30 teams enough for now

"I'm not suggesting that at some point in the future we might not look at it, but we're not ready to do it now."

Gary Bettman on NHL expansion

Ravens on Rice

Owner: 'No misdirection, misinformation'

Baltimore Ravens owner Steve Bisciotti criticized a report that suggests he and other team officials tried to persuade the NFL to be lenient on Ray Rice, after the running back was arrested for knocking out his then-fiancée in an Atlantic City elevator.

Bisciotti held a news conference Monday to respond to an ESPN report last week that he, president Dick Cass and general manager Ozzie Newsome pushed commissioner Roger Goodell for leniency for their star running back.

"We should have done, and no amount of explanation can remedy that. But there has been no misdirection or misinformation by the Ravens," Bisciotti said in a 15-point statement to fans. THE ASSOCIATED PRESS

Silver says ...

"We learn from other leagues' experiences.... We're going to take a fresh look at everything we do."

NBA commissioner Adam Silver on his league's response to the NFL's domestic violence issues

Kadri gets Leafs off to positive pre-season start

Petri Kontiola was speaking for himself and his own dreams and aspirations, but he really could have been talking about his new Maple Leafs teammates and the organization as a whole.

"I think I'm at that age where it's now or never," said Kontiola, a 30-year-old veteran of European leagues trying to make it in the NHL.

The comment was apropos on Monday given the lineup of hopefuls, wannabes and guys ready to take the next step that coach Randy Carlyle put out against the Flyers at Budweiser Gardens in London, Ont., in the first game of the Leafs' pre-season, a 3-2 shootout win over Philadelphia.

NHL pre-season

3	2
Maple Leafs	Flyers

David Booth was the shootout hero in an entertaining, physical game. Ex-Flyer goalie Cal Heeter, trying to win a job with the Leafs, got the win.

London-born Nazem Kadri — the crowd favourite — took the opening draw. At 23, Kadri has aspirations of becoming the Leafs' No. 1 centre.

"I feel I can be that person," said Kadri. "Each year I'm going to get better and better. My progression has been pretty solid."

He scored in the second period on a power play, to cut Philadelphia's lead to 2-1 with 16 seconds left in the period. Morgan Rielly set it up with a shot from the point.

Kadri also assisted on Tom Nilsson's goal that tied the game 2-2 early in the second.

"I'm maturing," said Kadri. "Each summer I get stronger and physically develop. Each year I try to work on it, and try to figure out a part of my game that I didn't have in the past." TORSTAR NEWS SERVICE

MLS

Defoe back in T.O.

Jermain Defoe is back in Toronto, but the question remains for how long.

Is he here for the duration of his lucrative MLS contract with Toronto FC or is this just a stopover until the international transfer window reopens in January?

The star striker flew in Monday after nursing a groin injury back home in England.

There was no word whether the 31-year-old forward, who has missed 12 games this season through injury or suspension but still leads the team in scoring with 11 goals in 16 MLS contests, will be ready for action when TFC hosts the Portland Timbers on Saturday. THE CANADIAN PRESS

MLB

Jays off to winning start in final week

J.A. Happ pitched seven innings, Danny Valencia drove in three runs with a triple and Jose Bautista, Kevin Pillar and Anthony Gose homered as the Toronto Blue Jays defeated the Seattle Mariners 14-4 on Monday.

Happ (10-11) became the fifth Blue Jays starter to reach double numbers in wins this season as the left-hander allowed eight hits, including a home run by Kyle Seager, and two runs.

It is the first time the Jays (79-77) have had five starters win at least 10 games in one season. It is the third time they have had five pitchers with at least 10 wins including relievers. THE CANADIAN PRESS

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If a romantic relationship is becoming a bit of a habit, the Sun in Libra will help you recover some of the sparkle that has been lost.

♉ Taurus
April 21 - May 21
You can make things easier for yourself by being a little less intense in both your attitude and your actions. Don't be tempted to burn the candle at both ends.

♊ Gemini
May 22 - June 21
According to the planets you are overreacting to a quite minor event. The good news is you will soon get over it. Make having fun your mission.

♋ Cancer
June 22 - July 23
Life could be a bit of a battlefield today especially when people whose way of doing things you despise insist that you follow their example. Your principles may not allow you to do that.

♌ Leo
July 24 - Aug. 23
If you have done something you are proud of then by all means shout about it and let everyone know. Your true friends will be delighted for you.

♍ Virgo
Aug. 24 - Sept. 23
Don't act hastily where a business matter is concerned or you could be paying for it well into the future.

♎ Libra
Sept. 24 - Oct. 23
You are determined to put right what you feel has gone wrong with your life and with the Sun moving into your birth sign today you can sense that the time to act has arrived.

♏ Scorpio
Oct. 24 - Nov. 22
The difficulties you are encountering are not designed to weaken you but to toughen you up for the challenges that lie ahead.

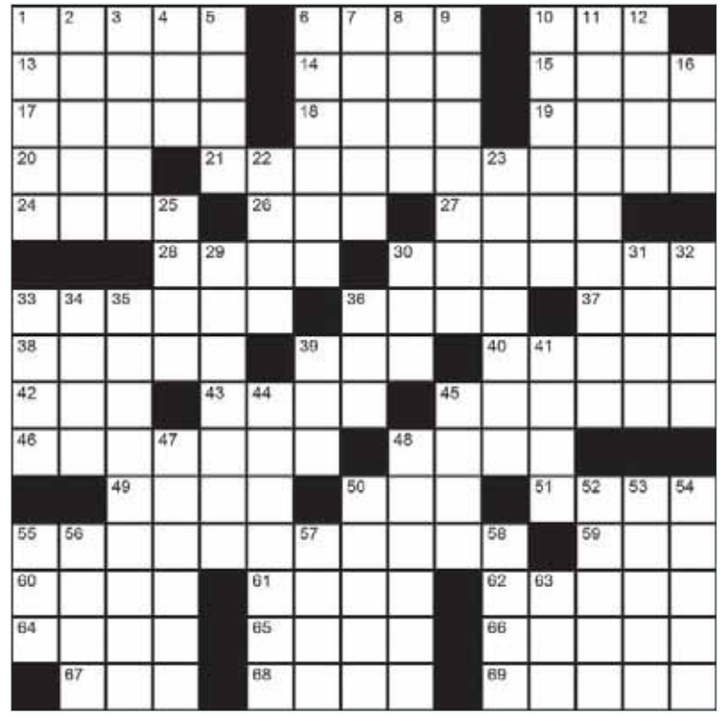
♐ Sagittarius
Nov. 23 - Dec. 21
How much of what you believe is based on fact and how much is based on wishful thinking? Don't be afraid to junk old ideas.

♑ Capricorn
Dec. 22 - Jan. 20
Some of the people you meet today will want to hear what you think about what's going on in the world — so tell them. Nothing gets changed by silence — and they did ask!

♒ Aquarius
Jan. 21 - Feb. 19
You have sacrificed a great deal in recent weeks. Now you are wondering if you are going to get something back in return. Don't worry, you will.

♓ Pisces
Feb. 20 - March 20
You are sure to tread on some toes and get criticized for it. No matter. Better to be clumsy and get noticed than to make all the right moves and fail to make an impression.

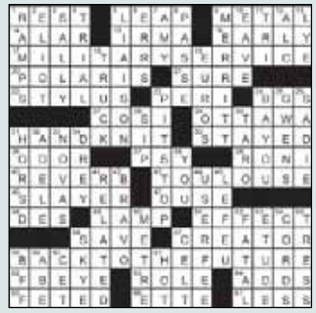
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. City in Iggy Azalea's "Fancy"
6. Life or death matter [abbr.]
10. Initials-sharers of Elvis' wife
13. __ and dined
14. Luke Spencer's daughter on "General Hospital"
15. Farm animals
17. Gladden
18. Biblical land where Moses was buried
19. Louisiana, for one, in French
20. Gun the engine
21. "Assimilate" industrial rockers from Vancouver: 2 wds.
24. Briefly get ready
26. These: French
27. Decorate again
28. Not completely closed
30. York __ National Historic Site of Canada, in Halifax
33. Orthodontics: Prepulling teeth thingy
36. Mr. Bridges
37. Kanga's sidekick
38. Ballroom dance
39. "Beverly Hillbillies" patriarch
40. "Curb Your Enthusiasm" star Mr. David
42. Religious robe
43. Airport scr. postings
45. Inattentive
46. Museum in Calgary
48. Dusty __ (Pink colour)
49. Someone remorseful
50. Pine-__ (Cleaning product)
51. Comfy house area
55. 1990 blockbuster on Michael Ironside's resume in which Arnold Schwarzenegger starred: 2 wds.
59. Greyish-brown
60. Mr. Rickman
61. Studied-for thing
62. Repent
64. Multivitamin
65. Egypt's river
66. Gravy cousin
67. Compass point
68. Celebrity
69. __-Tracy, Quebec

Down
1. Jerk
2. Cargo-of-crude carrier
3. Jack-in-the-deck
4. So far
5. Verses of veneration
6. More like Freddy's tree
7. Unstable leptons
8. Panache
9. Dorothy's slippers colour: 2 wds.
10. Phony
11. Scented mix of petals-and-spice
12. Exchange
16. Farm enclosure
22. Barenaked Ladies: "If I Had $1,000,000" vehicle
23. Vends
25. Treaty
29. 1938 Bette Davis/Henry Fonda classic
30. Curtains holder
31. Round Table knight
32. Yo-Yos
33. Loot
34. Melancholy
35. People from Edmonton's province
36. Mr. Lawrence, et al.
39. __-dropping (Surprising)
41. Preachy positive!
44. Charlottetown-born actor, Jonathan __
45. "__ with It" by Oasis
47. Subtlety
48. Wanderer
50. La __ (Milan opera house)
52. Scent
53. "An __ of prevention is worth..."
54. Prepare to pray
55. Li'l cartoon 'Devil'
56. "Rolie Polie __"
57. Leave
58. Laddie's love
63. Universal principle

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5				9		7	2
6	4			2	8			3
				4		8		
	1				6	3	8	
		5	3		7	2		
	3	8	9				6	
		6		9				
1			2	7			3	8
5	7		8				2	9

Yesterday's Sudoku

3	8	4	5	6	7	1	9	2
6	2	1	4	9	8	5	3	7
9	7	5	2	3	1	6	4	8
1	3	2	8	7	5	9	6	4
4	6	7	3	2	9	8	1	5
5	9	8	1	4	6	2	7	3
2	1	9	7	8	3	4	5	6
7	4	6	9	5	2	3	8	1
8	5	3	6	1	4	7	2	9

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NO CHILD TOO FAR

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EMERGENCY – CHILDREN IN CRISIS

THE EBOLA OUTBREAK IS SPREADING FASTER THAN WE CAN CONTAIN IT.

10 MILLION CHILDREN ARE AT RISK.

The current Ebola outbreak in West Africa is the largest ever reported. The number of cases and the numbers of deaths already exceeds all previous outbreaks combined. **The United Nations has warned that this outbreak will become a major humanitarian catastrophe unless it is contained immediately.**

THE CRISIS IS ESCALATING.

Despite this response, and the heroic efforts of our relief workers on the ground, Ebola is spreading more quickly than we ever could have imagined and outpacing efforts to combat it. Previous outbreaks occurred in remote villages in Central Africa, but this outbreak now involves major urban as well as rural areas.

OVERVIEW

1st outbreak in West Africa and worst in **global history**

3 **countries fighting Ebola** (Guinea, Liberia, and Sierra Leone)

22 million people live in **Ebola-affected areas**

Up to 90% fatality rate

WE URGENTLY NEED YOUR HELP. DONATE NOW.

YES, I WANT TO HELP THE CHILDREN THREATENED BY THIS UNPRECEDENTED EPIDEMIC.

Here is my gift of: ☐ $50 ☐ $100 ☐ $200 ☐ $1,000 or $ _____

☐ Cheque, made payable to **UNICEF Canada: Ebola**

☐ Visa ☐ MasterCard ☐ American Express

Credit Card No. _____ _____ _____ _____ Expiry _____

Name_____Signature_____

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City _____ Prov. _____ Postal Code _____

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